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NICOLE KIDMAN'S CHOICE











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shoes are the New Bags, It's official. If you want to make a statement or add instant 'wowzer' to any outfit, it's all about a great pair of heels (or flats, for that matter). There are two reasons I think this is so: firstly, shoe design has become more creative, colourful, fun and frivolous in the last few years (thank you, Sophia Webster, Charlotte Olympia, Mr Louboutin & Co).

At the same time, I've noticed fashion editors seem to have stopped carrying major arm candy at shows, instead opting for discreet pouches to hold their iPhone and invites. However, they've seriously upped the ante on the footwear front, and it was one *Marie Claire* editor who, describing how she got dressed each day – styling her entire outfit around whichever heels took her fancy – inspired this month's Shoes First special. From page 195, you'll find our pick of the most fabulous pairs of the season; details of how to win a £15,000 haul (can you imagine?!), and also make a date for a night with us in Harvey Nichols' shoe department.

We've been rather nosy finding out about the habits of other *Marie Claire* editors in our Global Beauty special, too (page 305). Who knew that Dutch women don't take their make-up off at night (gasp), or that Brazilians are obsessed with their hair? We also report on how South Korea has become the beauty capital of the world (a 21-step skincare regime is not unusual – page 315), and introduce new products that will be heading to our shores any time now.

Reading about other women's life experiences is invariably fascinating, and those shared experiences form the bedrock of magazines like Marie Claire, often prompting letters and emails of thanks and empathy. But since women have started putting these experiences on to the net and social media in the form of blogs, vlogs or even just comment posts, they far too often spur a different, often disturbing response. On page 153, Caroline Criado-Perez reports on how misogyny and sexism is pervading the internet, stifling women's voices, and creating a new equality battleground. What can be done about it? Encourage and support other women when they speak up online, don't be a hater and join us in our #hearme campaign. Let the fightback begin...

Tna

Trish Halpin, Editor in Chief

Tweet me @TrishHalpin

WHAT WE'RE LUSTING AFTER THIS MONTH



Hannah Fashion assistant







Grace Senior fashion assistant



'Team this printed skirt with a crisp white shirt for the perfect day to evening look'



Des Senior style

'The quilting detail on this tailored coat will give a sharp look a cool downspin for the daytime'

Coat, **£139.99,** H&M Studio









marie claire NTENTS TOBER FASHION FIRST Trends: Gypsy Queens, Abstract Thinking and Into Woven Top coat Start the search for your autumn investment piece right here Style spotlight Giorgio Armani for Emporio Armani Under £100: tweed 3 ways to wear... 83 cropped jackets 84 Mystyle 9-5 86 101 ideas: she's a lady 95 *Marie Claire* goes shopping 101 AW15 accessories special **FEATURES** 122 Deeds not words On set with the stars of Suffragette COVER STORIES 133 Bulletin Meet your new career mentor Freelance set designer Lou Blackshaw 148 Seriously funny New shoes, coats, We catch up with Mindy Kaling: writer, boots & bags actress and all-round Hollywood dynamo 139 Polyamory, agender, 158 Diary of a show Behind the scenes at Erdem New relationship frontiers 165 'My parents divorced me' 142 'Food blogging gave When family feuds can't be resolved me an eating disorder' 153 Misogyny on the net It's time to fight back Shop the season's key Badass, beautiful, brave accessories 303 178 beauty tips from around the world 341 Extreme sex drives When you want it more marieclaire.co.uk

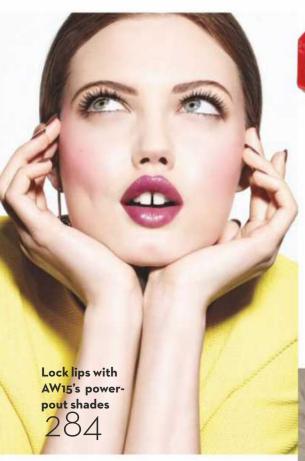
Sporting

a 90s vibe

unicorns...

250 Rita Ora

#mycalvins calvinklein.com the original sexy Calvin Klein



One fashion fiend's 9-5 wardrobe

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facial contours look more defined." Look in the mirror...

You'll love what you see. It's that impressive. Join us @esteelauder.co.uk and discover the complete Transformative Collection.

*84% of 308 women agreed.



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everything

to play for



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The Transformative Beauty of Contouring



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SHAPE+FILL Expert Serum SHAPE+SCULPT Face Contouring Kit

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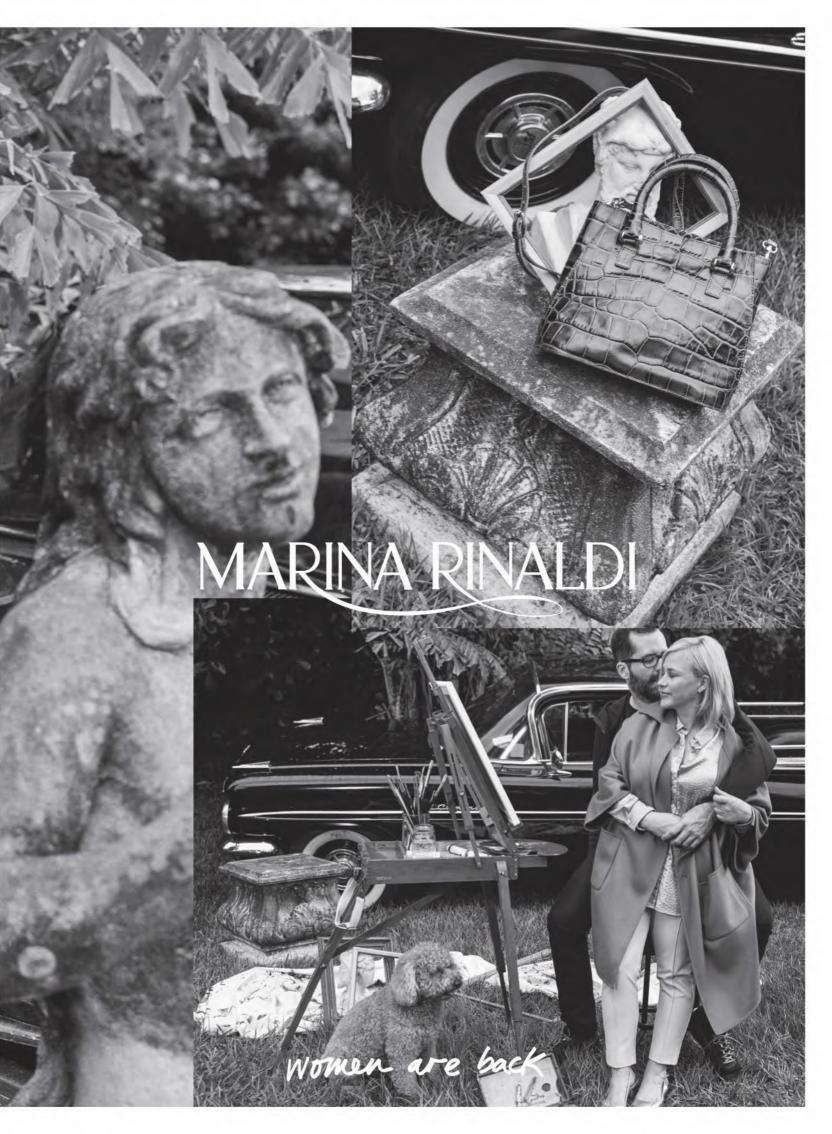






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FALL 2015 Whiplash Sunglasses in black coach.com Letters

YOU TELL US

Have your say on *Marie Claire* via email, Twitter, Facebook or old-school post

Letter of the month

I'm half Indian and half English, and this has given me a combination of very dark hair with pale skin. Growing up, other children called me 'moustache' and after years of verbal abuse, my self-confidence has taken a knock. The first thing I look at in the mirror is my upper lip. I examine my face and body. Sometimes I feel so bad that I crawl back to bed and stay there for hours. Reading about Harnaam Kaur ('Redefining Beauty'), and how she has refused to let society stop her loving herself has touched me, and made me think twice about my obsessive quest for a 'perfection' that doesn't actually exist. I hope I can achieve what these women have – self-acceptance. Their happiness shines through and is truly beautiful. Delwyn, by email



WIN!

The writer of the letter of the month will win a fabulous make-up set, worth over £290, by Italian cosmetics brand Lord & Berry (lordandberry.com).



WHAT LIES WITHIN

What a moving article 'Redefining Beauty' was. It's wonderful that there are these amazing women out there who are putting a brave and bold perspective on beauty. One of my friends has cerebral palsy and has been in a wheelchair most of her life, yet she is easily the prettiest of all of us. Another has epidermolysis bullosa (EB) and is regularly covered in blisters from head to toe – but her smile is what people notice the most. They are both amazing women who live their lives to the full. Inner beauty will always matter most. *Eve, Cheshire*

FIGHT FOR MEN, TOO

I have just read 'What's Wrong With This Picture?' and am surprised that in an article exploring gender equality, in some places it attempts to defend women who seem to hold double standards when it comes to the objectification of men. We shouldn't diminish rape and other sexual offenses committed against men; surely there can

never be true equality if we only look to further support for women rather than people as a whole? Stacey, by email

GO, GIRLS

'You'd Never Guess That' is such a great idea. It's so inspirational to see women doing things one could not guess just by looking at them. I show it to my eight-year-old daughter, so she realises women from everyday life are doing amazing things, and she too can aspire to be whatever she wishes. Namrata, by email

WE'RE STILL TALKING ABOUT ROTHERHAM

Thanks for shining a light on such an important issue in 'Surviving Rotherham: What

Happens Now?' (August issue). I work for The Children's Society, supporting teens who have been sexually exploited, so I see first-hand how devastating it can be. What's particularly shocking is that in many cases, when these women ask for help, they aren't taken seriously. They end up being let down by the very systems that are supposed to protect them. If your readers want to know more about the warning signs, I'd urge them to check out childrenssociety.org.uk/tipsforparents. Carly Adams, project manager of Child Exploitation Services, The Children's Society

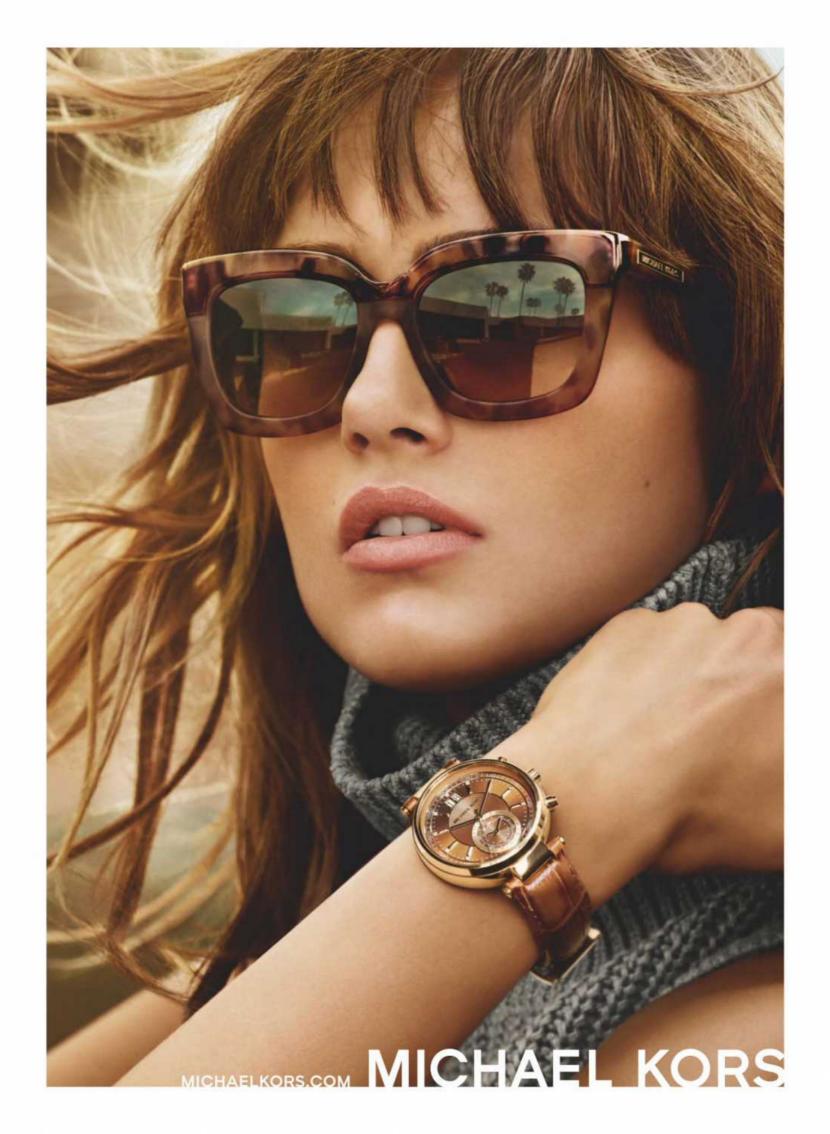
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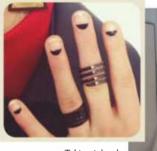
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Taking it back to the 90s for our sportswear shoot (none of the models were required to do the 'running man')



Beauty writer @MadsAboutTown chats to @EllaEyre for Marieclaire.co.uk Fashion features and entertainment assistant @JosieAyre enjoying drinks at the Mondrian in London for the launch of its new cocktail menu



It's not going many guys - and we "have" to keep taking about this



Why We Need To Talk About Sandra Bland In The UK, Too

What got you talking on Facebook..



From trekking in Brazil to cocktails in London and shooting in New York, here's what the MC team have been up to...



The MC girls with raw food guru Tanya Maher (centre) at Tanya's Café in Chelsea

Olivia Palermo's collaboration with Ciaté is the stuff of beauty dreams



gifted a skull sheet face mask from Japan. Hours of fun, apparently



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Last month's #TheBigQuestion was:

Dr Ravi Jain @drravijain @marieclaireuk Plenty of cosmetic surgeons out there who'd die to be objectified!

Is it ever OK to objectify men?

Meshell Heelbeck @Corps_Of_Oa @marieclaireuk No. That is the same for women. Society needs to change but it never will.

Philip Andrews @sandoza1 omarieclaireuk My wife does it all the time!

Dulcie Montague @dulcie_montague

@marieclaireuk No, because people are people, not objects - doesn't matter if they are male or female.

This month's #TheBigQuestion Are people more sexist online than in real life?



On location in New York for our 70s story

nic 6,121



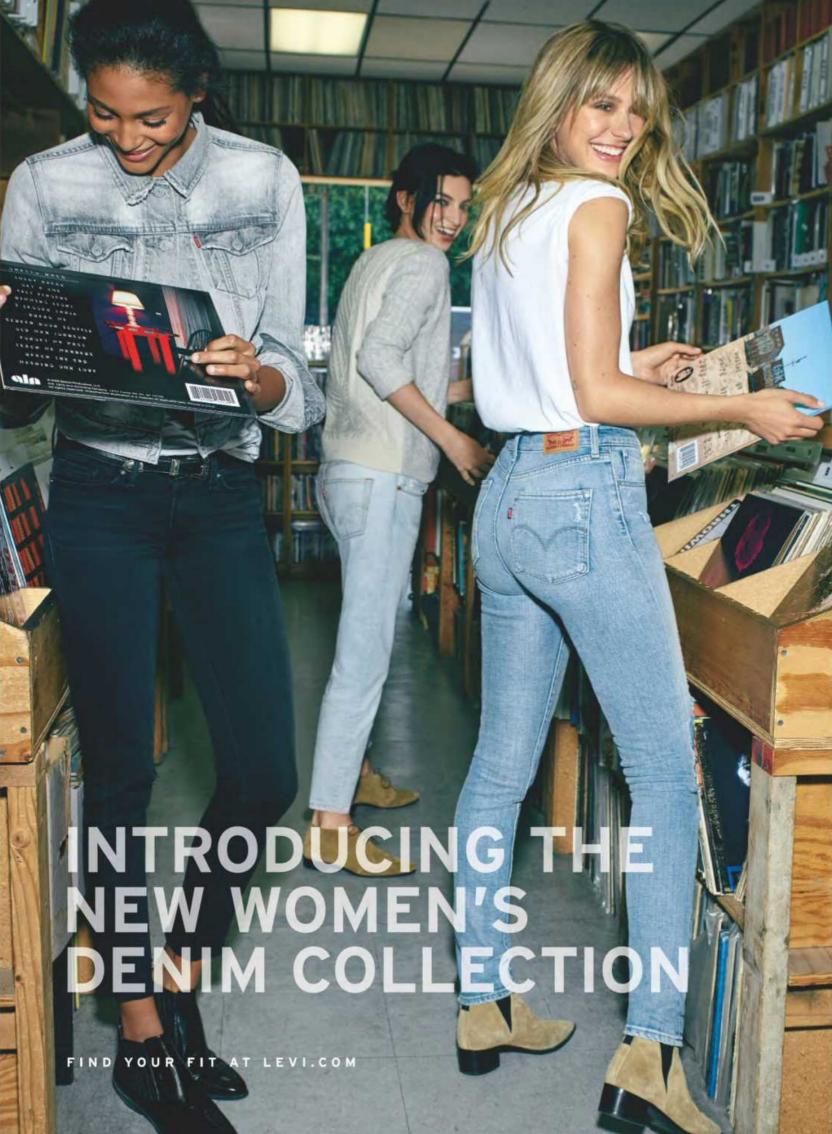
Head of Production goes off the beaten track in Brazil for the obligatory 'waterfall' snap, before tucking into shrimp in pineapple, obviously...

@JosieAyre meets Millie Mackintosh to

talk about her new book















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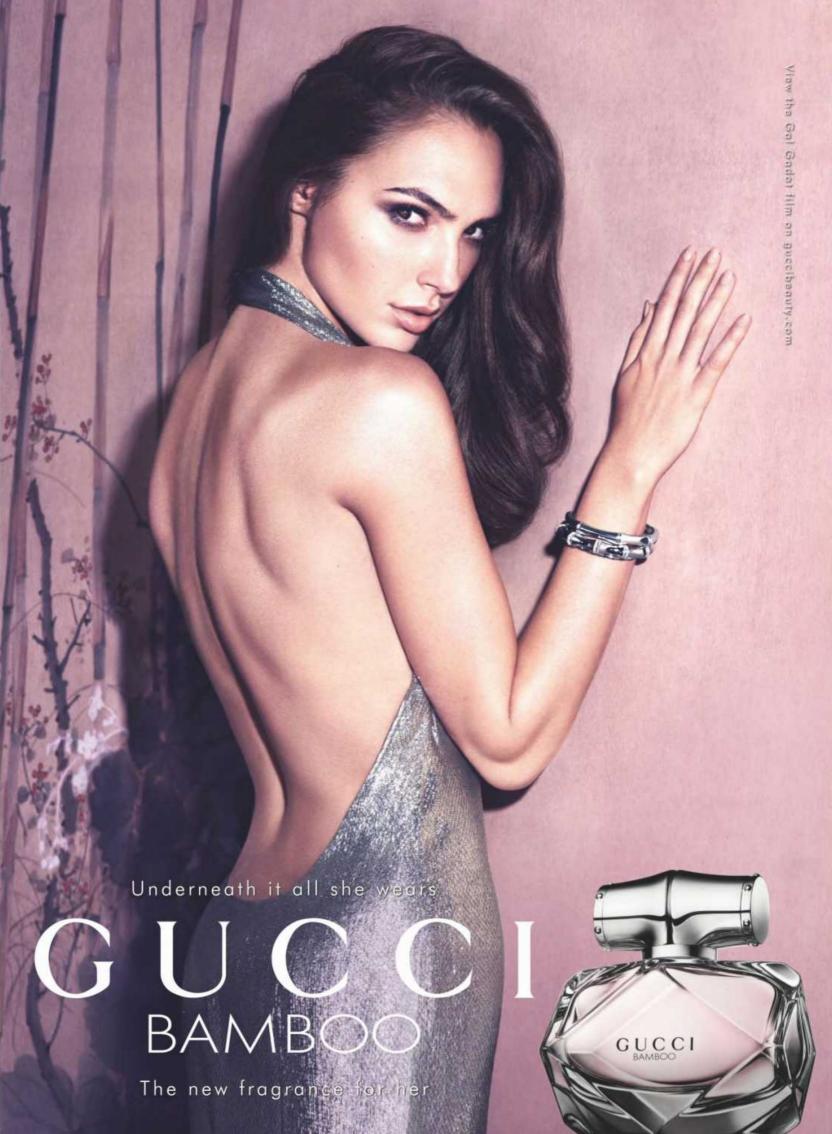
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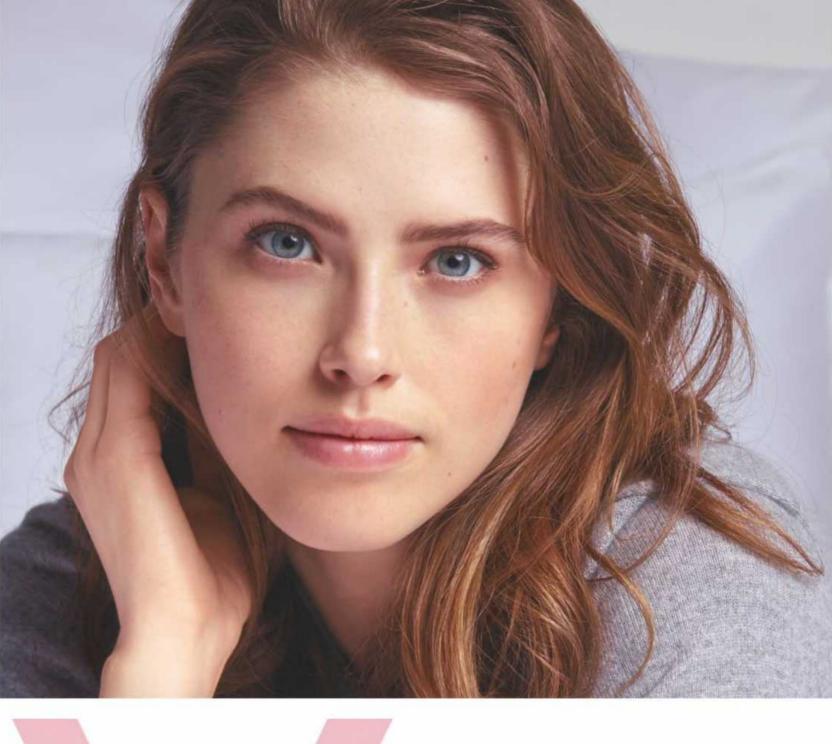
















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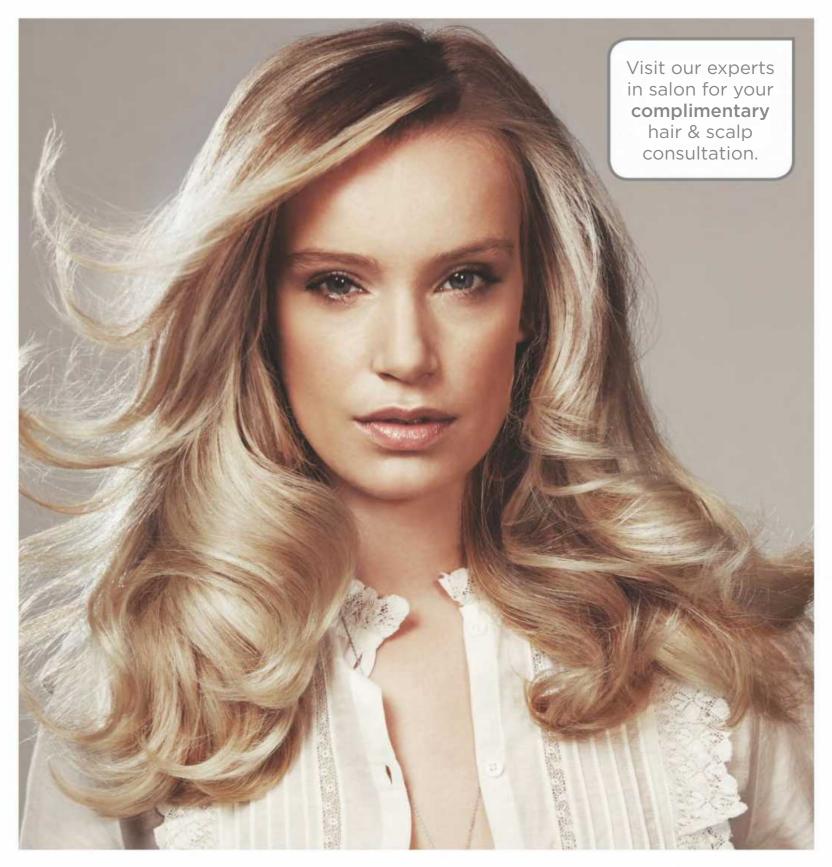
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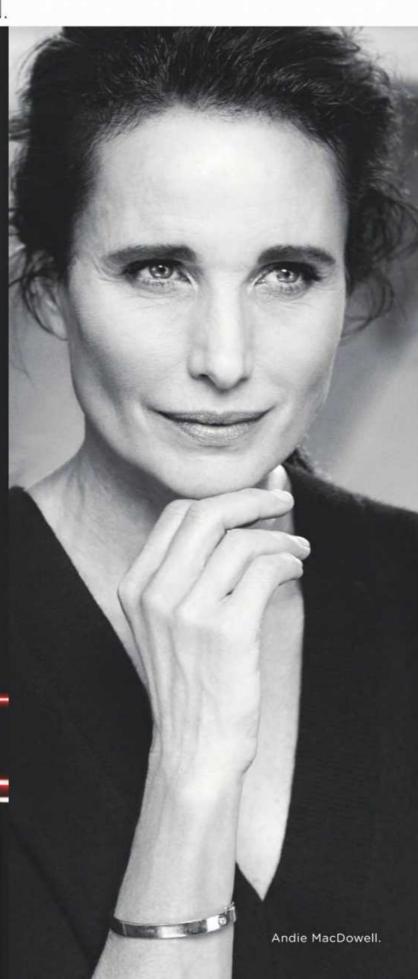
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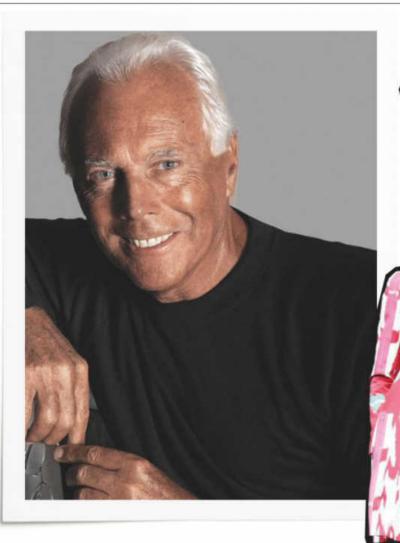
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L'ORÉAL PARIS





Emporio Armani advertising campaign for SS95, by photographer Christian Moser, taken from the Giorgio Armani book

STYLE SPOTLIGHT PRGIO ARMANI

RED-CARPET DRESSING, DESIGNER FASHION ON film, relaxed tailoring... without Giorgio Armani, we'd still be waiting for these fashion phenomena. And this year, the Italian grandaddy of style celebrates the brand's 40th anniversary with his autobiography, Giorgio Armani by Giorgio Armani (£100,

Rizzoli New York, 2015; deluxe limited edition, £235).

It was Armani who first realised the potency of combining celebrity with fashion. When he offered Michelle Pfeiffer an outfit for a Hollywood event in 1983, he was met with blank confusion, but he persisted, and actors such as Diane Keaton, Julia Roberts and Richard Gere began wearing his laid-back tailoring on the red carpet. But Armani really blazed into the limelight with the release of American Gigolo, the film that featured Gere head to toe in the label - a look that soon came to define the 1980s.

The launch of his diffusion line, Emporio, was another thinking-outside-the-box moment. I wanted to create a brand with modernity, where I had the opportunity to do experimental research on materials, with a metropolitan aesthetic,' he says.

Here, he tells us about some of his career's highlights, and the inspirations behind the current Emporio collection.

'All of my work was created around the jacket, so it is obvious that I always devote meticulous attention to it,' Armani says of his signature piece. 'What sets my jackets apart is the total lack of rigidity. I removed the padding from the lining [and] changed the placement of buttons, turning it into a comfortable and lightweight garment.

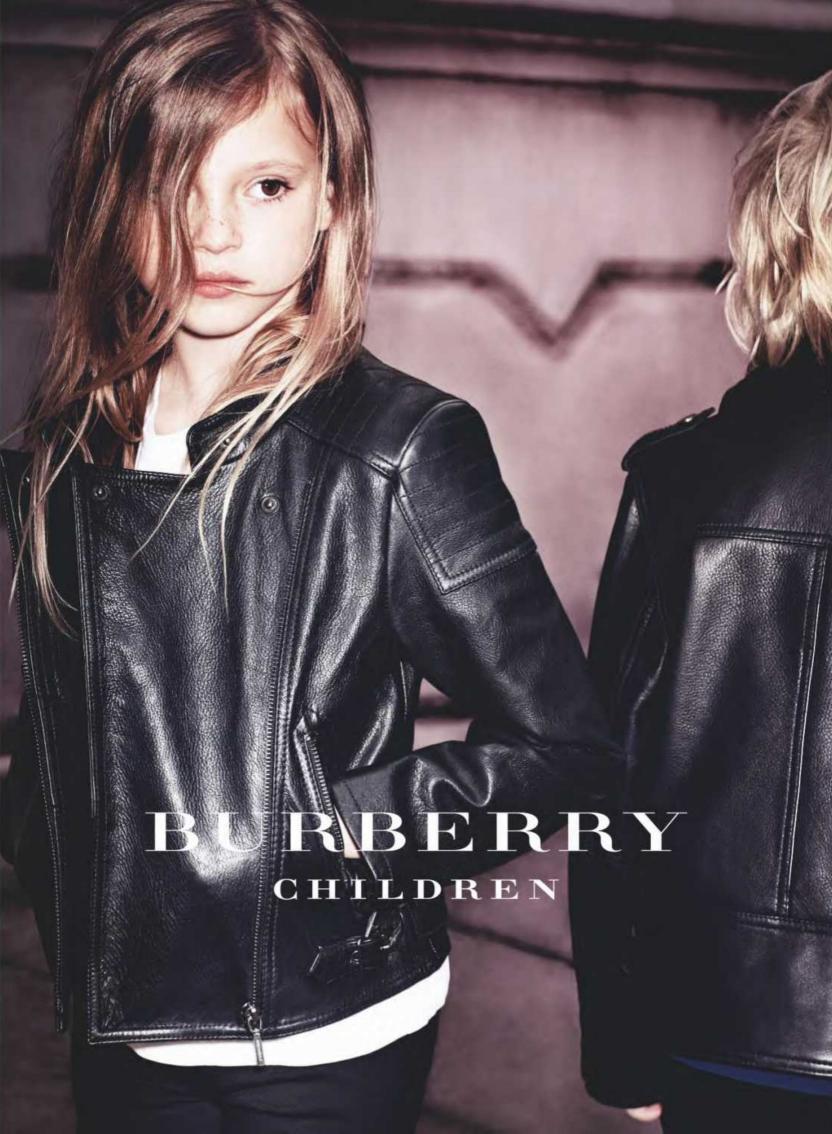
Emporio

Armani AW15

Gilet, £1,385,

Emporio Armani













SPREE **PARKA LIFE** *JACKET, £150*, Iris & Ink at Theoutnet.com; top, £28, H by Henry Holland at Debenhams; skirt, £49.99, Mango; earrings, £195, Katie Rowland

3 WAYS TO WEAR...

Whether you go smart or casual, you need a boxy crop on your AW15 short list

Photographs by PETE PEDONOMOU Styled by LUCIA DEBIEUX

STEAL **JEAN GENIE** JACKET, £55, Topshop; sweater, £207, Dorothee Schumacher; skirt, £38, Topshop; earrings, £195, Katie Rowland; watch, £680, Frederique Constant



McCartney sweater, Prada

skirt, Meandher

shoes, vintage Concord watch,

Cartier bracelet



MY STYLE 9 to 5

Emily Cooper, creative director and founder of handcrafted shoes brand Meandher, spills her wardrobe secrets

Living in LA means my day often starts early with phone calls chatting to the factory in Italy. I also travel a lot - to Australia. London, Paris, New York and Milan, so it's important for me to be comfortable in my clothes.

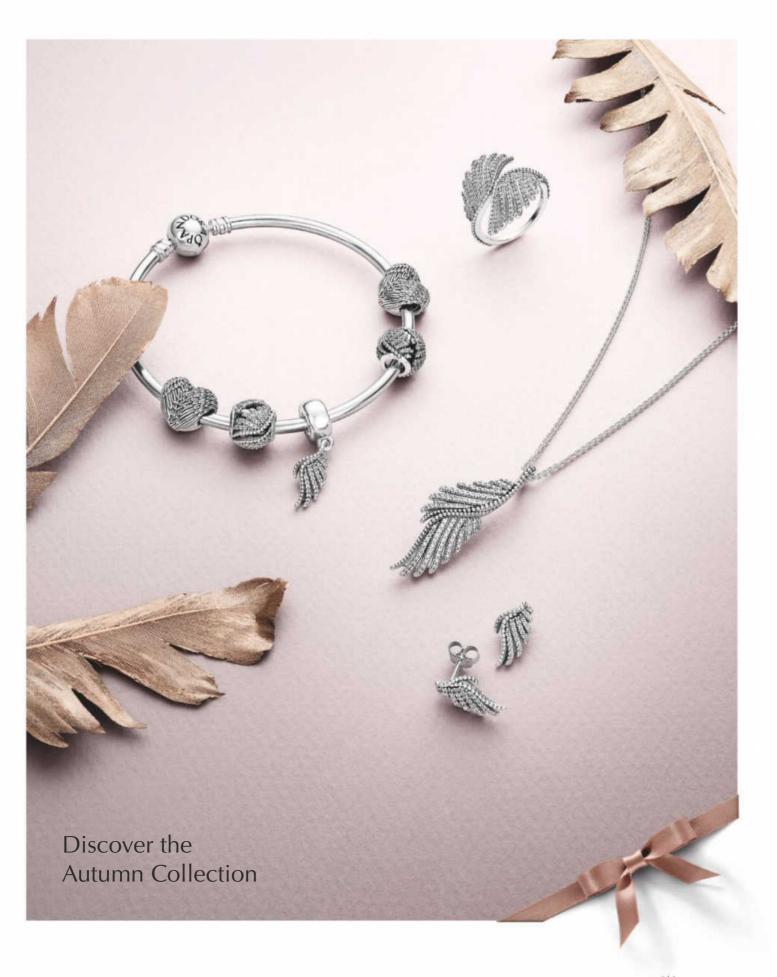
My day-to-day style can be summed up in one word: simple. That's my thing - pretty relaxed, but still polished and forever in a pair of brogues. I've always been a tomboy. It's inherently who I am, and it's also where the whole idea came from for Meandher - to make more of a masculine shoe for women, but with a feminine edge. I'm not super loyal to one

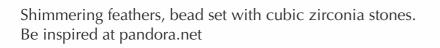
brand. You'll often find me in COS, Acne and Stella McCartney. I also like Phillip Lim and Prada for printed trousers, and Equipment is my go-to for silk shirts.

The one thing I like to do every day is Ayurvedic meditation.

We try and do it once a day in the office. It's awesome and very much a part of who I am. It's easy to say you don't have time, but if you do it for 20 minutes, the rest of your day becomes much more efficient.

- **1.** Sweater, **£225**, DKNY
- 2. Trousers, £29.90, Calzedonia
- **3.Blouse, £150**, Chinti & Parker
- **4.Shoes**, **£295**, Houseofmeandher.com
- 5. Skirt, £125, Comptoir des Cotonniers
- **6. Shoes, £99**, Boden
- **7. Trousers, £290**, 3.1 Phillip Lim
- **8.** *Watch*, **£219**, Citizen
- 9. Bag, £355, Calvin Klein













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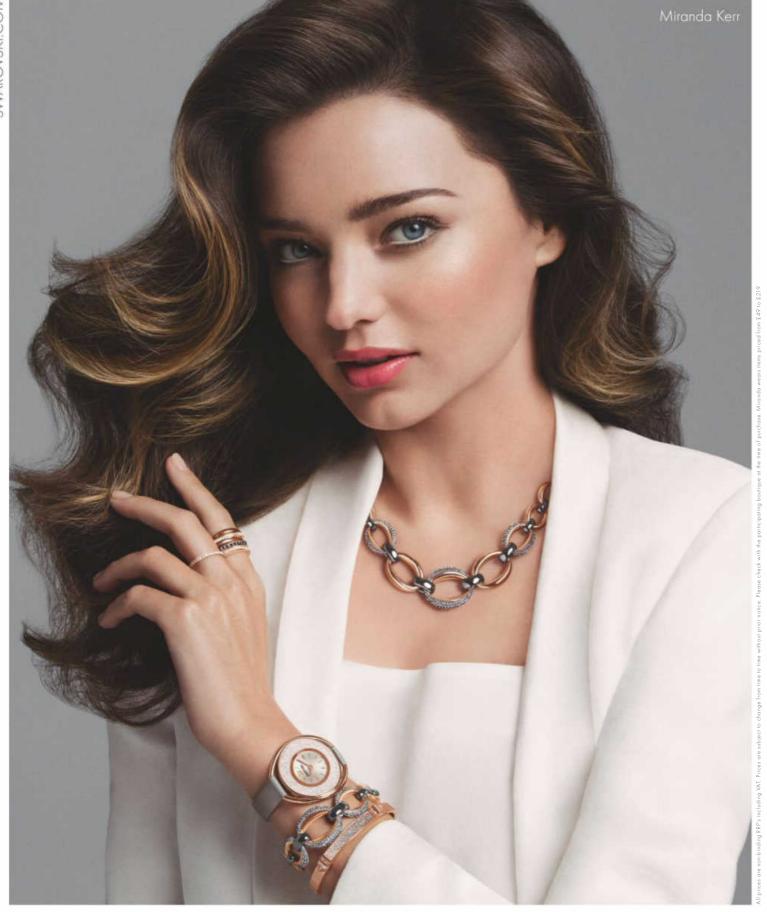








HAIR BY CHOCCY AT ONE REPRESENTS USING KIEHL'S, MAKE-UP BY JULIE JACOBS AT ONE REPRESENTS USING MAC COSMETICS. MODEL: MELINDA SZEPESI AT WILHELMINA MODELS, PRODUCTION: LOCAL PRODUCTION BY I LIKE PRODUCTIONS



Collection from £49









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Nicolas Ghesquière's AW15 collection

and showcasing the season's key looks, it's a must-see. Visit uk.louisvuitton.com.

Hip New York label Ateljē is exclusively hitting Shoetopia in

Harvey Nichols' Knightsbridge store this month. Cue bang-on-

trend chunky high-tops and its signature cool Swedish aesthetic.



KURT GEIGER



MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE?

Kemp is wearing New Color Sensational® The Creamy Mattes in Siren in Scarlet. ©2015 Maybelline LLC.







ACCESSORIES SPECIAL

The new-season catwalk trends veered from ladylike to punk via retro flashbacks to the 70s and 80s. Whichever look you prefer, hit up on these fab additions for an instant style reboot

Photographs by BRIAN DALY Styled by DES LEWIS



FIRST LADY

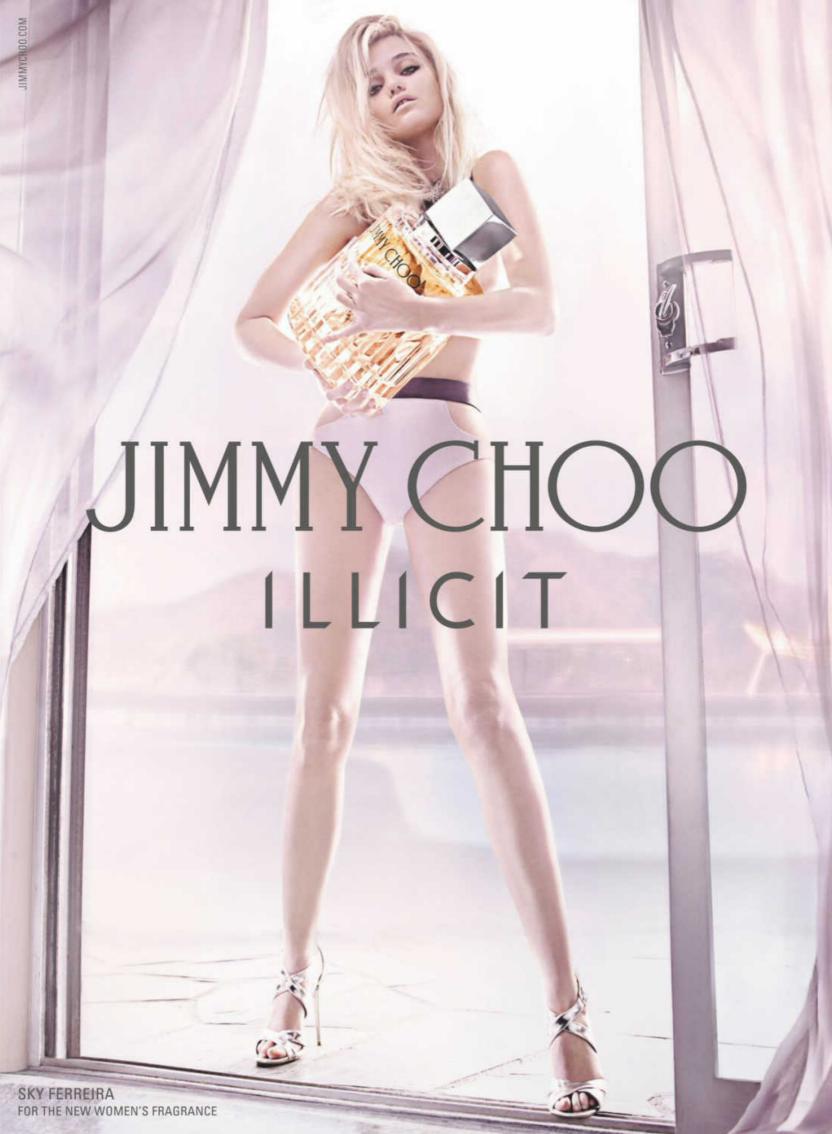
Above left: dress, £2,535, shoes, £550, brooches, £300 each, gloves, from a selection, and bag, from a selection, all Prada

Above right: dress, brooches and gloves, as before; bag, £875, Tod's

101



Bag, £4,232, Chanel 2. Shoes, £645, Charlotte Olympia 3. Hair slide, £225, Prada 4. Bag, from a selection, Dolce & Gabbana
 Ring, £60, Pandora 6. Shoes, £450, Bally 7. Bag, £1,175, Max Mara 8. Shoes, £515, Miu Miu 9. Earrings, £179, Thomas Sabo
 Bag, £1,790, Hugo Boss 11. Shoes, about £290, Pollini 12. Bag, £2,580, Fendi







PARIS . LONDON . TOKYO . NATURE



80s ODYSSEY

Above left: dress, £1,350, boots, from a selection, and earring, £175, all JW Anderson; bag, £505, Emporio Armani
Above right: dress and earring, as before; clutch, £895, Jimmy Choo; bag, £1,425, Salvatore Ferragamo



1. Earrings, £99, Swarovski 2. Bag, £1,625, Loewe 3. Clutch, £165, Russell & Bromley 4. Shoes, £1,610, Missoni 5. Bag, £1,450, Versace 6. Boots, £695, Burberry Prorsum 7. Shoes, £525, Christian Louboutin 8. Sunglasses, £180, 3.1 Phillip Lim X Linda Farrow 9. Clutch, £225, LK Bennett 10. Shoes, £550, Tom Ford at Net-a-porter.com 11. Boots, £785, Manolo Blahnik 12. Belt, £1,160, Chanel







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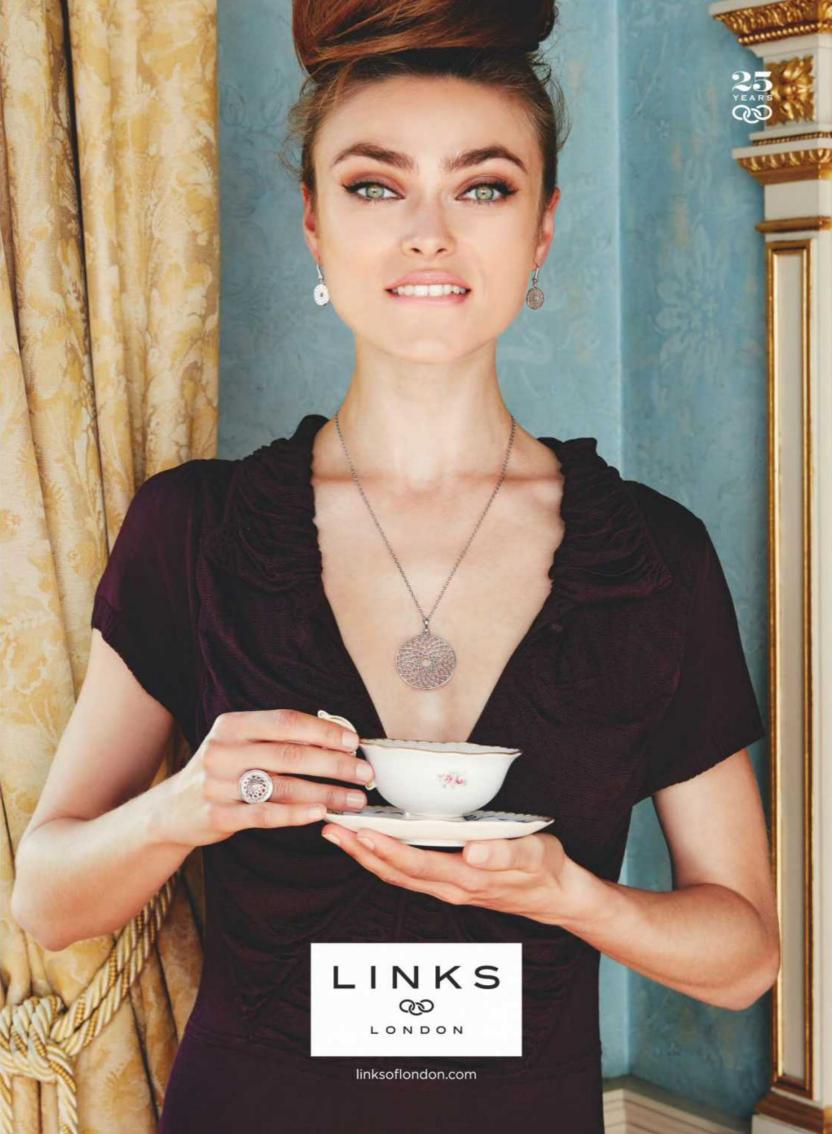
HAUTE HIPPY

Above left: coat, £5,095, and bag, £1,190, both Chloé; dress, £526, Lanvin; shoes, £525, Mary Katrantzou

Above right: coat, dress and shoes, as before; necklace, £735, Lanvin; patchwork bag, £310, Longchamp; suede bag, £290, Jérôme Dreyfuss



Bag, £740, Michael Kors Collection 2. Bag, £1,100, Céline 3. Bangle, £115, MICHAEL Michael Kors 4. Boots, about £350, Dries Van Noten 5. Boots, £532, Just Cavalli 6. Bag, £475, Coach 7. Belt, from a selection, Chloé 8. Clutch, £203, Marina Rinaldi 9. Shoes, £545, Rupert Sanderson 10. Bag, £815, 3.1 Phillip Lim 11. Boots, £650, Tory Burch 12. Necklace, £1,860, Gucci







PUNK PRINCESS

Above left: dress, £5,075, and bag, £1,605; both Saint Laurent by Hedi Slimane; boots, £1,100, Dior
Above right: dress and boots, as before; black bag, about £385, Givenchy by Riccardo Tisci; pink and blue bag, £1,095, Christian Louboutin

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LONDON





[THE EDIT]
CRAFTSMANSHIP REVISITED

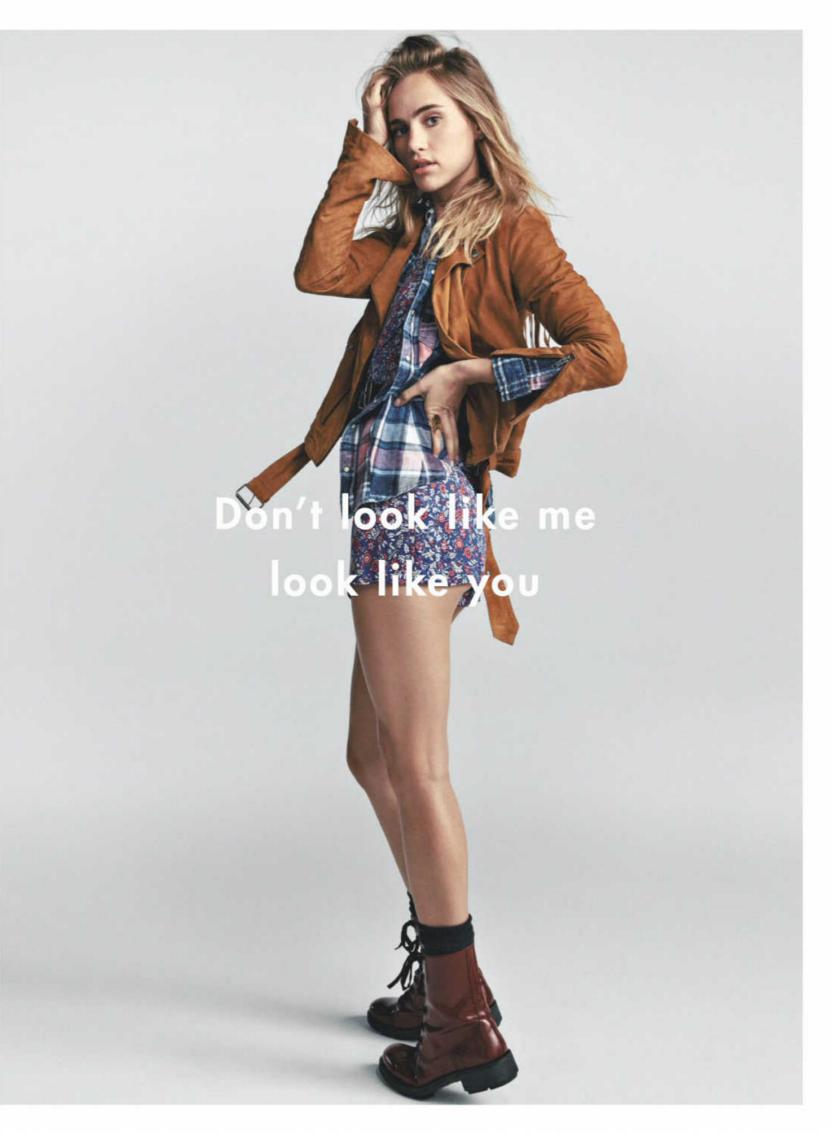




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GALLERY

'It's the first film ever to have access to the House of Commons,' recalls photographer Charlie Gray of this (1912) riot scene that took place in the central courtyard, requiring 300 extras. It's rare for a moment in history to be recreated in the very place it happened. 'There was such a powerful vibe among all of the women.'





DEEDS NOT WORDS

Brutal scenes, big stars, brave film: *Marie Claire* was given exclusive access behind the scenes of *Suffragette*, the harrowing true story of women's fight to get the vote

Photographs by CHARLIE GRAY Words by MARTHA HAYES



TAKE ONE HUGELY IMPORTANT PART OF OUR history, add an acclaimed writer (*Shame's* Abi Morgan), mix in a talented director (*Brick Lane's* Sarah Gavron), and a galaxy of female stars (led by Carey Mulligan), and you have the recipe for one of the most ambitious, deeply resonant British films in decades.

Suffragette is the story of the women who risked their jobs, homes, children and even their lives, to fight for the right to vote at the turn of the 20th century. Finding that peaceful protests were achieving nothing, women resorted to 'deeds not words' through violent protests, public vandalism and prison hunger strikes,

spurred on by pioneering British suffragette Emmeline Pankhurst (Meryl Streep in a cameo that's nothing short of genius).

'Feminism became such a dirty word for a long time,' says writer Abi Morgan. 'This film is about embracing our inner feminist and our inner suffragette, and pulling her to the forefront.'

Photographer Charlie Gray – on location when the film was being shot in central London last spring – knew he was witnessing something poignant. It's a powerful movie with a strong cast that speaks for itself in many ways. I got the sense they were taking the production very seriously. It obviously meant a lot to them.'

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JENNIFER LOPEZ SILVER BRACELET

GALLERY

The film reproduces the suffragettes' 'branding' of purple, white and green in placards and rosettes.

Original costumes were sourced in London and Paris.





Mulligan catches up with director Sarah Gavron on set. 'You got the impression that everyone got on well – it's not always like that on a film set,' says Gray.



GALLERY



Romola Garai plays upper-class campaigner Alice, who invites Violet (Duff) and Maud (Mulligan) to Parliament to give testimony about their working conditions. Morgan's first draft of the script initially centred on Alice before shifting to Maud. 'Although she was a really fascinating character,' Morgan concedes, 'it did feel removed from the real working women.'



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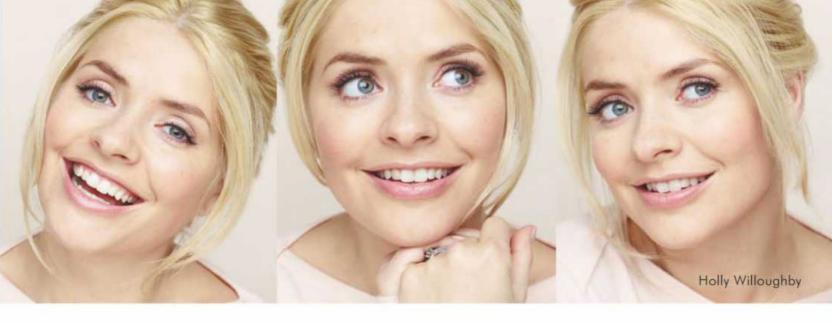
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How would you describe Garnier BB cream?

Garnier BB cream is a moisturiser with a tint that perfectly matches my skin tone. It helps me look my best with no extra effort.

When do you wear it?

It's perfect for when I want to give my skin a break from heavier make-up. From evenings out with my husband, to drinks with the girls, it makes my skin look great, giving it that special little oomph.

How do you use Garnier BB cream?

I use it like I'd use a moisturiser in the morning, it's so easy it literally takes 1 minute. I have very little 'me time' at the moment, so it fits perfectly into my busy lifestyle.

What does Garnier BB Cream do to your skin?

It lets my skin breathe, so it looks and feels healthier everyday.

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Lynne B (Worcester)

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The micelles (cleansing agents) within it act like 'dirt magnets', lifting away make-up and impurities in one step.

How do I use it?

Simply apply to a cotton pad and gently wipe across your skin.



TRENDS TALKINGPOINTS NEWS BITES

We still have jobs, we have to focus on the positives

How do you produce a glossy magazine in a country that is struggling to repay €320 billion and austerity is changing lives beyond recognition? Meet the team from *Marie Claire* Greece

s unemployment levels soar and 3 million people live below the poverty line, life in Greece is undeniably hard. For the writers, designers and stylists that make up the editorial team at *MC*, they're the lucky ones: work hasn't stopped since the Eurozone debt crisis hit in 2009. 'This is how we keep in touch with our readers,' explains the magazine's editor-in-chief Galateia Laskaraki. 'And it has a positive effect on our team: thankfully, they still have jobs. We're not going to annoy people with articles that encourage consumption, but we can publish inspiring stories instead.'



'We can't travel to Fashion Weeks or go to interviews, so we watch online streamings, keep an eye on blog posts and do our interviews via email,' adds fashion writer, Vivie Moraitou. 'Even if things get difficult, we'll always know what's going on.'

Laskaraki has been at *Marie Claire* for eight years, but the current political environment is jeopardising everything. 'This situation is affecting my whole life,' she explains carefully. 'I worked really hard to get here. But I have thought a lot about >

BULLETIN

the future of my family, and it did cross my mind that maybe it would be better for my two daughters if my husband and I were to raise them in another country. I was really angry with the government – and whoever else is responsible – for letting this situation escalate so far. We are a tiny country at the edge of Europe, and in my opinion it is crucial that we stay in the European Union.'

For managing editor Ionna Michelakou, the crisis has meant watching her husband lose his job and spend years out of work. 'Greek men are finding the current situation really hard,' she says. 'Traditionally, they've always been the breadwinners.'

Nevertheless, she doesn't believe this is entirely the government's fault – attributing it instead to the so-called 'Troika', consisting of the European Commission, European Central Bank and the International Monetary Fund. 'They are experimenting on us, and their suggestions aren't working. Basic things need to be reformed. The middle class is disappearing because so many people are becoming poorer, but there is also still a very wealthy class. This situation will only get worse with further austerity measures.' Taking a breath, she adds that she finds it disappointing when people call the Greeks lazy. 'We work really hard – and we're too proud to be treated like this.'

One thing is clear. The only way to get through the crisis is by pulling together and finding the positives. Restaurant owners have teamed up to make eating out cheaper, and the unemployed sit in cafes, nursing cups of coffee for hours on



The team at MC Greece: Tve worn the same designer dress for seven years,' says features editor Anastasia (third from right)

end, just so they can get out of the house. 'Even at the hairdresser's, you can sometimes pay later, when you've received your salary,' says features editor Anastasia Kamvysi, who moonlights as a DJ to make extra cash. 'I wear the

same designer dress that I've had for seven years, because these days I don't have money to spend on stuff like that. I lead a more low-key life now, but as long as I can pay the rent and the petrol for my car, I can't complain.'

The team are upbeat, and they have every reason to be. Advertisers are still calling to work with them, and readers are loyal, even in the face of adversity. Sales manager Vassiliki Almpani is certain things will get better. 'Twenty-seven years ago, it was a really big achievement to launch *Marie Claire* in Greece,' she recalls. 'Since then it's been the magazine for modern, intelligent women. This crisis affects us all, but we will get over it.'

e, she recalls. Since the modern, intelligent we l, but we will get over in SMEAR CAMPAIGN

Considering it could save lives, we should feel more positive about having a smear test. But new stats by GynaeHealth UK, which is launching its
Target100000 campaign this month, reveal over 5 million of

us aren't up-to-date with our cervical screenings. Dr Jullien Brady, lead clinician for gynaecological oncology at

gynaecological oncology at Bedford Hospital, says, 'If we can re-engage just 10 per cent of the women who have never had a smear test, we could save

thousands of lives.'
Thankfully, things are on the up.
GynaeHealth UK is releasing
the country's first DIY smear
test that you can buy online and
complete at home. Your results
will be posted to you - no
doctor's appointment required.





ROSEY WREN 26, mental health blogger and founder of #PNDHour

My motivation

'There are so many misconceptions about postnatal depression (PND) and perinatal mental health (how you feel during and following your pregnancy). I want to raise awareness of that, and turn something negative into something positive.'

My inspiration

'I began suffering from postnatal and antenatal depression during my first pregnancy in 2008.

I didn't have problems bonding with my daughter, but I felt trapped. Her first year was a blur. Since then, I've had two more children, and had similar experiences both times.'

My highlights

'I started blogging about postnatal depression last year, then I launched #PNDHour. Every Wednesday from 8-9pm, I'm on my Twitter account, @PNDandMe, and I tweet a topic for people to join in with. To date, 2,700 mums, dads, midwives and GPs have taken part.'

My goal

'To empower mums to share their experiences and to realise that there is hope for recovery.'



HOW TO FLY FOR FREE! (ALMOST)

It's called 'The Hobby' the obsession with 'hacking' the travel industry to (legally) get unlimited free first-class flights. So how do we get in on the action?

- Choose an airline to attain loyalty status with. You'll have to fork out a bit of money at the start for a few flights, so pick one that gives you the most air miles.
- Apply for two or three credit cards, and switch them up again every six months. Pick cards that come with the best travel bonuses and make sure you know what products to buy with them for maximum rewards. You have to pay them off in full every month for this to work.
- Find hotels through sites such as Rocketmiles.com, which has teamed up with major airlines to give you free miles when you book.
- Sign up to FlyerTalk.com, for hobbyists' secrets, and read blogs like OneMileAtATime. Happy flying!



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MEET YOUR NEW CAREER MENTOR THESET DESIGNER

Lou Blackshaw, 29, is a freelance set designer, prop maker and art director, whose clients include Lulu Guinness, Cath Kidston, Ed Sheeran and Harrods. She has her own studio in London and works on everything from advertising campaigns to bespoke artwork and window displays.

SET DESIGN IS NOT A 9 TO 5.

If you want to be out of work at a certain time each day and get paid a certain amount of money each month, then it's probably not the right job for you. Every day is different, so you have to take whatever comes at you. WHEN I GOT MY OWN STUDIO,

WORK STARTED POURING IN.

But it was also about my state of mind. I think when you have your own space, you become a bit more professional.

THROW YOURSELF INTO AN AREA YOU LIKE AND TRY

EVERYTHING. You don't have to know what you want to do with your life. I didn't grow up wanting to be a set designer; I studied illustration at university. It doesn't matter if you don't end up pursuing something in the long-term - you can still take those experiences and apply them elsewhere. BE PREPARED TO START AT THE

BOTTOM. I did a lot of interning when I was starting out, which meant long days helping everyone do everything. The experience was invaluable and I wouldn't be here today without it. One of my first jobs was dressing the windows of Selfridges - that's when I knew set design was for me.

KEEP YOURSELF TICKING OVER.

The end of the year is quieter, so I focus on personal projects. You have to stay positive - work always comes in eventually. **HELP EACH OTHER OUT.** I met most of my contacts assisting other set designers. You might meet a photographer, and then they might know another photographer... soon

enough, you have your own network.



HOW I MAKE IT WORK

FIRST THING

I make myself a cup of Earl Grey tea and feed my dog, Peggy



WORKOUT

I've got a personal trainer. I've never been sporty, but we do circuits in the park near my house twice a week



INSTA-LUNCH Avocado on toast with a bit of chilli.

WORK

WARDROBE COS top, Whistles or Topshop jeans and Nike trainers.



SWITCH OFF Go for a walk in the park with my husband and my dog, or have a glass of wine with dinner.

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a)work



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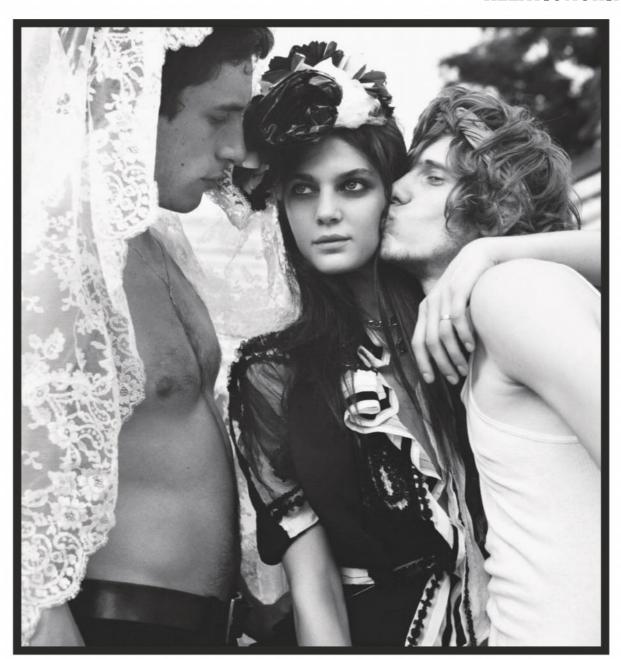




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WE ALL KNOW HOW A LOVE STORY IS MEANT TO GO.

Committing to more than one person (male, female or both), refusing to be defined by gender – *Dolly Alderton* explores the new dynamics of love and sex

Boy meets girl, girl and boy date. Girl and boy move into house, they buy a Le Creuset casserole dish. Boy proposes, girl puts it on Instagram ('he liked it so he put a ring on it'), boy and girl get married and hang bunting in a marquee. Girl gets pregnant and announces it on Facebook. Girl has baby. Boy and girl buy bigger car, boy and girl have another baby, boy and girl live happily ever after.

Bit bored? Worried you'll never want to follow that particular formula? Me, too. So what about the women who are breaking out of the template and rejecting traditional rules of love - be that monogamy or gender preference or indeed gender identification? After all, while boy meets girl may be the oldest love story, it certainly isn't shatter-proof. On the whole, US studies have >

RELATIONSHIPS

shown that a staggering 50-60 per cent of men and 45-55 per cent of women cheat within a marriage*. For centuries we've been told we are creatures of monogamous habit, but the facts disagree. Perhaps it's time to amend the rules to align with the reality of being human.

Polyamory, put simply, is the practice of having more than one partner at the same time. But hold your presumptions of car keys in a fruit bowl. When I speak to women for whom polyamory is a committed and important part of their lives, I realise it's far more complex than just having lots of sex. Hannah, a 26-year-old PhD student, has been in various polyamorous relationships for five years. It began when she dated a man who was seeing other people; from there, she started a relationship with another couple.

'We weren't all having sex together,' she explains. I individually dated two people who happened to also be a couple. So we were in a triangle, but it wasn't a threesome.' She was then in a relationship with a man for nearly three years, during which they saw other people, both male and female. Now, she's in a relationship with a woman. 'For me it's about deepening my emotional repertoire. What I find exciting about polyamory is that I can walk into a room of strangers and any one of them might be someone I could fall in love with... There's an abundance of love in my life and that's wonderful.'

Sound seedy? Not at all. If anything, I'm quite wooed by her description, and polyamory suddenly seems like a pretty romantic option. But before I hunt out a couple who would like to invite me into their relationship (I discover this would make me 'a unicorn' - a single woman looking to temporarily join both a man and woman in their existing partnership is the most rare and sacred of finds), I have to address the obvious: jealousy.

I speak to Laurie, a 28-year-old writer, who has been polyamorous for eight years. 'I was really unhappy in monogamous

relationships, because I found myself worrying that I'd cheat,' she says. 'Then I dated a boy who was polyamorous. We barely saw other people, but the fact that we could really made a difference.'

I am fascinated by this – is it because everything was on the table and it created a more honest dialogue? 'Yes,' she replies. 'It's absolutely possible to cheat when you're polyamorous, but it's less about what you put where with who. It's about honesty, and frankly I think that's a conversation that should be had by all, polyamorous or otherwise.'

Hannah agrees that there are no set rules for polyamory. It is fluid by its very nature and arrangements change from person to person. You might say, "I only want you to have sex with other people if I'm in the room," or, "You can have emotional relationships, but they can't be sexual," or you might have no rules at all.'

She uses an analogy that explains the appeal in a very neat way: 'You wouldn't ever have just one friend. You may have one you go to the pub with, and another who you enjoy going to concerts with. Those friends don't necessarily have to be the same person.'

This rings true for me, as I'm sure it would many. Often I have been in a relationship and longed for the conversation to be as electric as the sex, or vice versa. Then there was the time I met a man who I thought was my perfect match, until I discovered he hated all the books and bands I love.

Jean Smith, a social anthropologist, tells me that the problem in most modern relationships is that too much is expected from one person. 'I'm not saying everyone needs to necessarily be polyamorous,' says Smith. 'But one of the problems I see in couples is that they expect their partner to be their everything. That's impossible.'

So, any healthy relationship should be exercising a form of polyamory - be it sexual or non-sexual - by spreading your love between your partner, job, friends, family and interests? 'Exactly.'

But back to the boy-meets-girl template. Both Laurie and Hannah identify as pansexuals, which Hannah explains is different to being bisexual: 'It means being attracted to people regardless of their gender identity.' It's what's led Hannah to have relationships with men, women and people who identify as neither – agenderism.

Agenderism has recently been brought more to public attention, thanks to celebrities such as Tyler Ford and Ruby Rose. But when I go in search of an 'agender woman' to talk to, I screw up at the first hurdle by posting that very term in an agender forum. Toni, 30, the group's administrator, kindly points out that I've phrased my request incorrectly - an agender person will identify as neither man nor woman. I feel like I've made a gaffe of Prince Philip proportions and apologise, but Toni is understanding and agrees to chat.

From the age of ten, Toni (a genderneutral shortening of a birth-given name) didn't identify as male or female. 'I refer to myself as an alien, or agender. I use 'they' and 'them' as pronouns.' Toni, whose biological gender is female, explains that being agender is different to being trans. While transsexuals tend not to identify with their body and instead want the opposite, agenderism means not identifying with any gender at all. Toni admits that family members have had a hard time accepting it: 'Even trying to get them to call me by my gender-neutral name has been a problem,' says Toni. 'If it comes up

I'll talk about it, but I mainly don't bother, as it leads to arguments.'

But if some people struggle to understand agenderism, Toni's love life has certainly never suffered. Currently in a polyamorous relationship with a man, Toni has been happy and very much in love for two years. 'We have play partners, friends with benefits and we've both had other boyfriends since we've been together,' Toni explains. 'It's not a set-up that would suit everyone, but we're very honest, which is vital to making it work.' Toni is polyamorous, pansexual and agender. And if ever there were proof that the heteronormative template is not the only option for a happy, healthy love life, Toni is it.

Humans are unbelievably complex and idiosyncratic beings, and it would be foolish to think the narrative of love is one size fits all. But I think we're entering a time where people are actively looking for alternatives - and whether that's a more inclusive narrative or just a more realistic one, who knows?

With our new rules, it might go - boy meets girl, girl is in an honest, loving polyamorous partnership with another person who doesn't identify as boy or girl, girl also dates girls, trans boys and any person she meets who she feels a connection with - a connection that's determined by something bigger than gender.

It may not be as simple, it may not make the plot of the next Richard Curtis film, but it certainly sounds like a grand and interesting love story.

'I can walk into a

room of strangers

and any one of them

might be someone I could fall in love with.

There's an abundance

of love in my life and

that's wonderful





LET YOURSELF SHINE



MODERN EATING

Kale, avocado, coconut – these 'supers' are now store-cupboard staples. So what's up next? *Marie Claire* explores our evolving attitudes to diet and asks if our obsession with nutrition is really as healthy as we think



FOOD FADS THROUGH THE AGES

2015

COURGETTI

Going gluten-free? Invest in a spiralizer and turn your courgettes into spaghetti. Cutting out sugar? Stock up on manuka honey instead. 2014

AVOCADO

Food is more wholesome than ever. There are just three rules: it must be natural; contain avocado; and look good on Instagram.

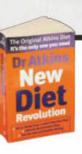
2000

BROWN RICE

Championed by Gwyneth Paltrow, carbs are back on the macrobiotic menu - as long as they're brown. Cue brown rice, bread and pasta aplenty. 1992

PROTEIN

Dr Robert Atkins publishes the New Diet Revolution and a lowcarb religion begins. Foodies everywhere follow the controversial high-fat regime.



'MY FOOD BLOG BROUGHT ON AN EATING DISORDER'

With thousands of followers, veganism was Jordan Younger's full-time job.
She explains how it all went wrong...



'My relationship with healthy eating had an almost fairy tale beginning. I found the plant-based lifestyle when I was in my

last year of university and, as a result, almost immediately, the wellness scene became a huge part of my life. Eating plants exclusively served as a remedy for my lifelong stomach problems, a gateway into an accepting community of likeminded individuals who became close friends, and it also lead me to develop a career as a well-known wellness blogger. Plus, I felt great about being the picture of health to friends and family. It made me feel powerful, and like I was doing something right.

'Fast-forward to a year and a half later, and things still looked pretty - on the outside. I was a full-time health food blogger with an Instagram following of 75,000 plus. I wrote daily about my healthy recipes (complete with compulsory colourful photos), and I was considered a bona fide expert in the realm of veganism. But on the inside, I was suffering. Most of what I ate consisted of green vegetables, low-glycemic fruits and the occasional nut. I started developing nutritional deficiencies without even realising it, and I could hardly even allow myself to think about how deprived I felt because I was so tied to my lifestyle.

'On top of that, I started to develop "food fears". During this time, I even came to believe that cooked vegetables were 'bad' and didn't contain enough nutrients. But even though I knew things

were getting out of hand, my blog and social media presence made me feel like I couldn't stop.

'Eventually, my friends and family convinced me that enough was enough. I started counselling and wrote a blog post explaining that I was suffering from an eating disorder – orthorexia [an obsession with eating healthily] – and would no longer be following a vegan diet. The abuse rolled in. I lost tens of thousands of followers overnight, and started receiving death threats because I was publicly eating meat again. It blew me away that people could determine someone's worth by what they ate and that they could put so much emphasis on food.

'These days I promote balance on my blog The Balanced Blonde, and I've ditched the idea of labelling my diet ever again. I think that people unknowingly begin using hashtags such as #eatclean, #whatveganseat and #plantstrong to gain control in areas of their life that they don't feel are up to par. At best, they are confused about the impact social media has on our perception of diets and wellness. At worst, I think it's harming our bodies and minds by masking and justifying dangerous eating disorders and confused ways of thinking. If you ask me, "health" doesn't mean eating as many veggies as possible and eliminating certain foods from our diets. Healthy people are happy people, with meaningful relationships, positive body image, energy to live their lives and a passion for what they do. Health is not #eatingclean.' Jordan's book, Breaking Vegan is out on 15 November (£12.99, Fair Winds Press).

'I wrote a blog post explaining why I would no longer be following a vegan diet. The abuse rolled in and I lost tens of thousands of followers overnight'

'MY SUPERFOOD DIET SAVED ME FROM YEARS OF STEROIDS, AND SURGERY'

For Victoria Young, food blogging isn't a matter of instagramming her breakfast - it's about acceptance.



'The best thing for me about the arrival of the Hemsley sisters, Deliciously Ella and all the #eatclean hashtags

that are now everywhere, is that suddenly it's OK to eat "differently". I no longer fear that people must be assuming I'm making up my diet to be more interesting or that I'm on a secret-weight loss plan. Even though that's totally what I used to assume about *anyone* who said they "couldn't" eat bread, or dairy, or chocolate.

'I've always loved food - the carb-ier and cake-ier the better. And apart from a brief flirtation with vegetarianism, I used to eat pretty much anything. But when I was 30, suddenly, I had agonising stomach pains and frequent, bloody and "urgent" diarrhoea. My GP referred me for a colonoscopy and a couple of months later I was diagnosed with colitis, a form of inflammatory bowel disease (aka, the world's least glamorous condition). Having convinced myself it was probably cancer, I did initially feel relief that it wasn't. But the word 'disease' (i.e. life-long and without a cure) is always going to be hard to swallow. And for me, having always been in rude health, it was absolutely devastating.

'At first – in total denial – I was happy to believe the doctors who said that food had nothing to do with my colitis, so I didn't change my lifestyle (out most nights, eating and drinking with abandon) one bit. Instead I just popped •

1981 **FRUIT**

For ten days, eat as much as you want - as long as it's fruit. No meat, no grains, no sugars.
Just apples, oranges, and the rest. Thank goodness for tomatoes.

1077

SLIM-FAST
As the first meal replacement drink, Slim-Fast hits shelves in three flavours: chocolate, strawberry and vanilla, which you mix with milk.



1973

WHEATGERM

The food behind the slogan, 'You are what you eat,' is billed as 'the world's most nutritious natural cereal,' and it's the start of wholesome eating as we know it.

1950

CABBAGE

Post WWII, food is scarce, but that doesn't stop men and women adapting their weightloss to the situation, and developing the cabbage soup diet.





With 160 good calories in a handful, there's no snacking worries at all.

ALMONDS. SNACKING GOOD.





the pills that dampened the symptoms. There were no side-effects as such, but every time my body grew used to the medication I had a "flare-up", so my specialists just upped the dose. I was then

looking at a trajectory of more and more medication, followed by years of steroids, then surgery, and I felt desperate.

So when I heard about the Specific Carbohydrate Diet (SCD), which many sufferers credit with giving them their lives back, I felt I had to at least give it a try.

'The thing is, though, that when they say "specific", they mean really specific. I could no longer eat refined sugar, any

grains (so no bread, pasta, couscous, polenta, rice or even quinoa), potatoes, cream, milk, yogurt (unless I made it myself) and countless seemingly random things like chickpeas.

'On the upside, for the past six years

I've been medicationfree. But while I slowly learned to be creative in the kitchen, I still felt like I was in a minority of one. That's why I started a blog - to focus on what I can eat. And I owe gratitude to Ella

and her food-blogging friends for making it socially acceptable to eat in what would, a few years ago, have been seen as unacceptably anti-social. "You can't eat pasta, potatoes or pretty much anything else? No problem, you're bang on trend!" Victoria blogs at howtoeat.co.uk.

THE REAL COST OF THAT QUINOA SALAD
Assumed your superfood diet was guilt-free? Spare a thought for the Bolivians...

STEPPING OFF THE BUS IN

La Paz, travellers wobble a bit on the cobbles. The unexpectedly steep streets are enough to reduce the most seasoned backpacker to newborn goat. But the smell is what really gets you. Pots of calpuca - a rich soup made with local vegetables and quinoa - simmer over hot volcanic rocks. It's Bolivia's staple meal, and it has been for centuries.

But it might not be for much longer. Quinoa is being exported from South America at an unprecedented rate. The local price has tripled in ten years, leaving residents unable to afford it. Instead, they're scrabbling for cheaper, unhealthier options.

Meanwhile, our demand for asparagus has ravaged the Peruvian landscape to

such an extent that it's depleting the country's water resources, and the mass production of soya beans is contributing to deforestation and the displacement of locals. And

although some farmers are profiting from the superfood boom, violence is on the rise as a result. When you transform a food into a commodity, there's an inevitable breakdown in social relations and high environmental cost,' explains Tanya Kerssen, a food researcher in South America. So does that mean we have to stop eating superfoods altogether?



'At first I was happy to

believe doctors who

said food had nothing

to do with my colitis.

Instead I popped pills'

Clockwise from left: A market trader sells produce in Bolivia; an

Instagram-worthy quinoa salad

Apparently not. Instead, we need to prioritise finding a means of producing them that doesn't damage the environment or out-price the locals, notes

Kerssen. 'At its core, it's a debate about which strategies are most effective for creating a just food system. Only by examining the full range of political options can we come up with solutions.'

1940

LEMON JUICE

A man called Stanley Burroughs creates the 'lemonade cleanse' - a concoction of water, lemon, maple syrup and cayenne pepper to flush out the system.

GRAPEFRUIT Sequinned flappers can't get enough of this diet, which involves eating half a grapefruit before meals in the hope the citric acid will aid digestion.



WHALE BLUBBER

Explorer Vilhjalmur Stefansson studies the Inuit lifestyle, and comes to the conclusion that whale blubber and raw fish are healthier than fruit or vegetables.

182C

VINEGAR

What a relief that you weren't born in the 19th century. Vinegar mixed with water is believed by Lord Byron and his groupies to aid weight loss.





NEW-SEASON SUPERS

Never heard of maple water? New to bone broth? Well, that's about to change. As a health journalist and co-founder of Brighton Bone Broth Co *Sarah Maber* uncovers the latest nutrition trends

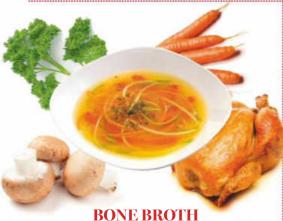


BANANA FLOUR

Coconut flour was the baking ingredient of 2014, but it looks like the humble banana is about to steal its cookery crown. Made from green bananas, with a nutty flavour, it's gluten-free and can be added to smoothies and salad dressings, as well as replacing traditional flour. You don't have to use much, thanks to its highly absorbent properties, and it's high in resistant starch, which means it helps to protect against colon cancer and diabetes and controls blood-sugar levels.



Move over kombucha and kimchi - the latest elixir to join the ranks of the fermented superfoods is kefir. Rich in probiotics - the healthy bacteria that keep our digestive system well-oiled - kefir has a consistency that sits somewhere between milk and yogurt, but excels at helping anyone with digestive issues, as it's very low in lactose. It also packs in high levels of calcium and phosphorus. But it has a sharp taste - try it in fruit smoothies to be palatable.



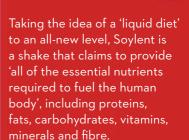
Bone broth has been hailed as the forgotten superfood. It's protein-rich and contains calcium, phosphorus, magnesium, sodium and potassium to help heal your digestive system and prevent insomnia, fatigue and anxiety. And that's not to mention the collagen and gelatin, which boosts your skin, hair and nails. To make, simmer 3kgs of bones with a couple of handfuls of veg and herbs for six to 12 hours, skimming frequently. Or buy direct from brightonbonebroth.co.uk.



MAPLE WATER

The purest form of the sap that runs through maple trees, fans rave about its health-boosting properties. Containing antioxidants and minerals that can help control sugar levels and enhance thyroid function, it's being billed as the new 'wonder water', but the scientific jury is still out - it's so new that there is little research to support the claims. While we wait, enjoy this for what it is: a natural, sweet, hydrating drink that could well be doing you a lot of good.

BREAKFAST | LUNCH DINNER



But while the company's founder Rob Rhinehart reckons that the drink is a 'simple, healthy and affordable' alternative to food - so much so that he claims it's made up 90 per cent of his diet over the past two-and-a-half years experts disagree. 'If Rhinehart indeed thinks that living off a processed shake is better than a fresh, natural, wholefood diet, then he is misguided,' says nutritionist Kim Pearson. 'It contains nearly four teaspoons of sugar, and the second-highest ingredient is sunflower oil, which is known to increase inflammation.

But that doesn't necessarily

mean it's all bad news. While Soylent is currently being targeted at desk-bound workaholics who don't have a single second to pop out to M&S for their lunch, it could eventually be developed as a means of helping the victims of famine and natural disasters. And that has to be a good thing.



1689

WALNUT JUICE

Glossing over the fact that we didn't even know walnuts had juice, it only takes one Italian physicist to promote this as the natural elixir of life.

AD 170

FISH

Sailors are concerned that eating fish is cannibalistic - after all, they could have previously feasted on the flesh of drowned shipmates. Yikes.



5000BC

SPELT

An ancient grain known for its health benefits, the earliest mentions of spelt come from the Bible, when it was considered more nutritious than wheat. COMPILED BY CORINNE REDFERN, PHOTOGRAPHS BY PATRICE DE VILLIERS, ALAMY, GETTY IMAGES, THE ADVERTISING ARCHIVES, REX FEATURES, CARBON38, STILL LIFES BY PIXELEYES



INTERVIEW

MINDY KALING MEETS ME IN

her bright, airy, corner office on the Universal Studios lot dressed in a red, scoop-neck Rodarte for Opening Ceremony sweatshirt, black leggings and black Converse Chuck Taylors. Holding an iced coffee handed to her by an assistant, the actor/writer ushers me past a clothing rack teeming with technicolor frocks (think Mara Hoffman, Missoni and custom pieces from costume designer Salvador Perez), and makes an announcement before we begin. I have to do a disclaimer,' she says, taking a sip of coffee. 'Usually when I'm talking to a fashion magazine, I would have put together a cute look.' She tugs on her top. 'This is so Gen Pop.'

To be fair, the 'Radarte' jumper is plenty fetching. And Kaling, 36, the creator of *The Mindy Project*, a show in which she stars as the endearingly self-absorbed OB/GYN, Mindy Lahiri, has just finished writing the first episode of the fourth season of her show, which is migrating from Fox to the streaming network Hulu.

She's also completed her second book, Why Not Me?, the follow-up to her 2011 New York Times bestselling debut, Is Everyone Hanging Out Without Me? (And Other Concerns), to be released this month.

Basically, Kaling's sufficiently sleep-deprived; forget carving out time to select kicky ensembles for 9am interviews. 'I set my alarm clock for two and a half hours,' she says. 'That's the amount of time I can have without feeling like I've been ripped from the womb of sleep and be ready to work.'

Having cut her teeth writing and starring in the American adaptation of *The Office*, Kaling's now a Very. Big. Deal – with the executive parking spot and red-carpet wardrobe to prove it. Her new book's breezy and humorous tone (beauty tips include employing haemorrhoid cream as make-up primer, or what it actually feels like to shoot a sex scene) makes you instantly want to be best







friends with her. But here's another disclaimer: Mindy Kaling is a thoughtful, surprisingly solemn, kick-ass Hollywood dynamo who has zero time or inclination to ascribe to your vision of a model minority.

You are that rare Hollywood breed where no one can begrudge your spoils because you've always worked like a maniac. Is it hard to maintain?

I've not died yet, to my knowledge. I love to be thought of as a hard worker. I'm proud of it and my parents are really proud of it. Work ethic is something that I admire in other people. But if everyone had my job, they would work hard because it's the best job in the whole world. So I don't think of it as exceptional. I would be really lazy if I was a paralegal. Why call your second book Why Not Me? Once I started *The Mindy Project*, I'd always get asked in interviews about my confidence and – in nice ways, or mostly nice ways - why I thought I deserved a show. The questions made me feel like, 'Oh, this is so much less expected for other people that I have this, than it was for me.' Right. Like it's shocking for a minority woman to win against white men, whereas you were like, 'Yeah, I wanted this, I worked hard and I got it. Exactly. And I was fascinated by that. Were there any other contenders for a book title? Maybe Suck It, White Dudes? No, I'm bad at naming things. I dislike doing it.

Your writing style is sparkly, affable and conspiratorial. Is it a chore to slog through the friend requests you get from strangers? No, I like that people feel that way about me. I know it's very hard to get someone to relate to you and that it's a rare thing to feel like you're somehow echoing a feeling that people are experiencing. It's better than just being someone on a pedestal. It would be cool to be so famous and hot that everyone instantly dislikes you, though... God. What a phenomenon! I'd like to experience that once. Or twice. Twice, just to make sure it's real. Would I love to be effortlessly gorgeous and fuckable, and incredibly likeable? Yeah. Every person in the world wants that, but I prefer my lot in life to others'.

I love to be thought of as a hard worker. But if everyone had my job, they would work hard; I'd be a lazy paralegal'

You command four million very ardent Twitter followers. What's the Mindy Kaling fan army called?

I don't think I am - regrettably - the kind of celebrity who inspires that kind of army or navy. My friends and my writers would eviscerate me, were I to name my fan group anything.

Relatability is tricky. For instance, you've been criticised for not discussing abortion or dating enough Asians on the show... I always hope that people's expectations come from a place of excitement – a longing to have someone who looks like me be on camera, have a platform and be in charge. And the expectation is so high that I'll get everyone's agenda, that my representation of an Indian woman is what they want, that I'll date the right person, and that I'll tackle reproductive rights and send the message they want. That's a positive way to look at it. Sounds challenging to do and be funny in a 22-minute episode.

I don't think abortion is inherently funny. And I'm not going to pander because, if your show gets cancelled, you can't even say that you did the thing you wanted - you did what some random journalist told you to. On a professional level, how does someone

become a Mindy Kaling protégée? To be honest, I would never even think of someone as a protégée. If I thought of them as a person with promise, I would just think of them as another artist. I'm like anyone else as an employer. I seek quality. I want to discover talent. It helps me and it helps the show. When you're good and someone gives you an opportunity, you think of it as kindness, but really you're just helping them.

What are you like as a boss?

I always get nervous when I answer questions like this. I think about David Brent or Michael Scott [from The Office in the US]. What they think they're like and what they're actually like is so different. David Brent is a delusional boss from hell.

Sure, but what are you like? That was my way of skirting the question. I think I'm a good boss. I'm tough and I ask for a lot. But I give a lot, too. We go on a lot of trips to Las Vegas and Malibu. We hang out, have fun, party and go to dinners. Do you pay for everything? A lot of it.

So you're a classy boss! At what point in your career were you like, 'OK, I've made it'? When I could afford to have someone come to my studio apartment in LA and clean it for me every two weeks. That felt huge. But then my housekeeper was like, 'Look at the size of this room. If you can have someone helping you tidy, it's time to get something bigger.' So I moved. Solid advice. OK, very important question: do you eat as much McDonald's as you claim in your interviews and books?

I actually do. I think it's once or twice a month. Sometimes, when we're in production, a little bit more.

Respect. You've written books, TV shows, directed TV shows, and you just starred in the massive Disney/Pixar movie, Inside Out (alongside Amy Poehler). What's been your favourite?

Inside Out was eye-opening because it was the first time I was cast in something. I've always been jealous of actors getting called and being offered some part and thought, 'Oh, that would be amazing.' And it was! It doesn't matter how much pleasure I get out of writing and creating my own material, there will always be this tiny part of me that is completely won over, [but also] cowed by the way an actor can get offered a part not having to do that. I think a lot of people in my position feel the same way.

Do you want to be a movie star? Here's what I would like to do: I would love to have mastered every medium. So you'd want an EGOT [Emmy, Grammy, Oscar, Tony]? I don't need a Tony. I would rather take a Pulitzer than a Tony. I'm joking, of course. I want all of them! A PEGOT

would be my dream. Dude. Why not you?

Right? ■

Why Not Me? by Mindy Kaling (£12.99, Ebury) is out on 17 September

'I hope people's expectations come from a place of excitement – a longing to have someone who looks like me on camera'

LOVE COLOUR.

Restyle your interior

New. FlipBin.

Our new waste bin, in 6 colours







ARE YOU A VICTIM OF LAPTOP SEXISM?

The answer is yes, even if you don't realise it. From Twitter trolls to (supposedly unisex) apps, Caroline Criado-Perez reports on how misogyny is pervading the net and finding more ways to shut women up

marieclaire.co.uk 153

REPORT

'I THINK HE DOES IT TO LOADS OF

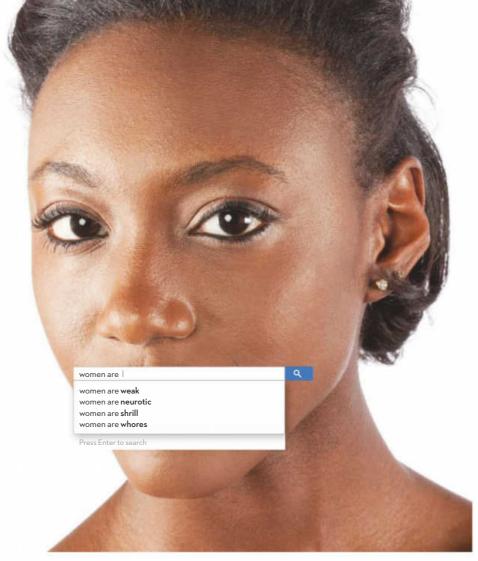
women and then deletes the tweets,' Rebecca says. 'When I searched his handle I just found hundreds of tweets from women telling him to stop, but nothing from him.'

I'm chatting to Rebecca Reilly-Cooper, who lectures in philosophy at Warwick University. She's telling me about the time she opened her Twitter account to find a picture of a naked man in her mentions. 'Literally just a picture of him taken in the mirror. His entire body minus head. With an erection. The weird thing was, he wasn't even hiding his identity. In the background to his profile picture was a Glasgow Rangers duvet cover. He had the university he went to listed in his bio, too. If you knew him, it would have been obvious.'

It's not the only time Rebecca has logged on to find an unwanted message from a man she doesn't know. On the morning I speak to her, she has just received the following message: 'I wish I could live with a face like yours for a short while. Just to see what effect it would have. Feeling the disgust of the opposite sex for your entire life must be psychologically devastating. My solidarity.'

Rebecca's experience isn't unique. A recent survey has found that young women are the most likely to face severe harassment online. A similar study by the University of Maryland in the US found that chat-room participants with female usernames received 25 times more threatening and sexually explicit private messages than those with male names. You may have experienced harassment yourself. If not, then it's likely that your friends have. But why? Is it just an internet thing, or is there something else going on?

History gives us some clues. In the 1500s, women who 'nagged' were paraded around the town square in a 'scold's bridle', a metal mask with a tongue clamp inside. Back when we were hunting witches, suspects often had their tongues cut out before they were burned alive. That's how much people feared what women had to say. More recently, one of the most famous antisuffragette posters is a drawing of a crying woman, with her tongue nailed to a table. The message is clear: shut up or face the violent consequences. But it's not just a matter of high-profile 'Twitter feminists' dealing with a loud minority of angry trolls, it's every woman who logs online. In fact, one recent study shows that men make up 80 per cent of all commenters on major news



sites. Dr Fiona Martin, the academic behind the research, speculates that women are too busy with childcare to bother with online commenting, but I'd raise my eyebrows at that. And when I speak to Oxford linguistics professor Deborah Cameron, she seems to disagree too, telling me that women are being shouted down offline just as much regardless of their parental status. She points me to research showing that in a mixed group of five people, a woman won't get a fifth of the talking time until there's a female majority of four to one. In a 3:2 situation, the male minority still got more than its share and if men were the majority they always got disproportionate airtime'. In other words, we're being talked over all the time, and we might not even realise it.

WOMEN INTERRUPTED

Maybe the solution seems obvious: encourage female shrinking violets to be more assertive. But that's too simple – and there are many more complicated reasons behind our silence. For instance, both men and women are more likely to be supportive of a man speaking in a mixed group, but when women attempt to insist on their fair share of speaking time, they are penalised for it, and often called 'shrill', 'bossy', or 'attention-seeking' by their own gender, too.

The idea of women-not-supporting-women is replicated on the internet. Susan Herring, professor of linguistics at University of California, Berkeley, has found that we start considerably fewer conversations online than men and receive far fewer public responses when we do, including from other women. Probably because – just as before – if a woman does dare to persist in her attempts to participate on an equal par with men, she's likely to find herself trivialised, vilified or even accused of interrupting.

Dr Claire Hardaker, a lecturer in corpus linguistics at Lancaster University, believes that it all comes down to the way we - that's men and women - behave behind a screen. 'It's the three Ds of the internet,' she says. Dehumanisation (you're attacking a picture, not a person); deindividuation (you're part of a mob so you try to fit in with their behaviour to seek approval) and disinhibition (online anonymity makes people feel like their actions will not have consequences). Hardaker tells me about a recent study that found people behaved less aggressively online when they had a pair of eyes on them. This ties in with earlier research that found people put three times as much money in an honesty box when it was placed under a poster of eyes than when it was placed under a poster of flowers.



REPORT

Worryingly, online misogyny doesn't end there. It creeps into the real world. Humanrights worker Gul Bukhari has said that social media and mobile technology aren't just mirroring violence against women, they're increasing it. Her report, Tech Driven Violence Against Women, tells the story of Aisha, a young girl whose rape was filmed. Her rapist threatened to release the film online unless she went along with repeated rapes. Then he released the film online anyway. Other women have been the victims of malicious ads placed by their ex partners. In 2009, Jebidiah Stipe placed an online request in his ex-girlfriend's name for 'a real aggressive man with no concern for women'. A man broke into her house and told her, 'You want an aggressive man, bitch, I'll show you aggressive', and raped her.

THE SECRETLY SEXIST APPS

It is no secret that most of the websites and technology that we use on a daily basis have been designed by men. But it may not be immediately obvious why this should be a problem: after all, we're all human. But consider Apple's Health app, which failed to include a period tracker. Or the iPhone's Siri, which, according to a recent Newsweek article, 'could find prostitutes and Viagra but not abortion providers'. The reality is that when services created for both men and women are designed by only one sex, the needs of the other sex are likely to be ignored. When it comes to social media, tools for dealing with abuse are repeatedly overlooked - and this isn't surprising. After all, 70 per cent of those stalked online are women, 95 per cent of the victims of 'revenge porn' are women, and more than 80 per cent of cyber-stalking defendants are men.

Meanwhile, companies such as Facebook and Twitter claim that they're defending 'free speech', but the question is, whose speech are they defending? In the space of one five-year period, the proportion of internet users who participated in online chats and discussion groups dropped from 28 per cent to 17 per cent, 'entirely because of women's fall off in participation.' In 2007, Kathy Sierra, a successful technology writer, joined these silent ranks. Her social security number and home address had been posted online amid a storm of graphic rape and death threats. I have cancelled all speaking engagements', she wrote at the time. 'I am afraid to leave my yard, I will never feel the same. I will never be the same.'





From top: presenter Sue Perkins received backlash when it was rumoured she was to present *Top Gear*; writer Caroline Criado -Perez has herself been a victim

WHY WE NEED TO STICK TO GETHER

It's hard not to feel despondent about the future of women online. It feels commonplace to see a woman reach public prominence — only to be torn down with sexual and violent threats. We treat incidents such as 'the fappening' (when private nude photos of female celebrities were hacked and shared online) as something that's their fault for taking the pictures in the first place. And we hear about 'revenge porn' so regularly that we no longer have to Google what the term even means. But we don't have to take this lying down. If we work together, we can wield substantial power; we can fight back, and we can win.

One of the reasons why online misogyny is so powerful is because it's not just men who discriminate against women. Although violent abuse is most likely to be sent by men, women are not supporting each other either. We are more likely to respond to and amplify male voices, and we don't react warmly to women who speak out. This is what we have to change. Of course, responsibility also lies with publishing platforms – there is research to suggest that when comments sections are properly moderated, particularly at the beginning of the thread to set a civil tone, women are more likely to join in. But ultimately, we must widen our focus. This is not a purely online problem, it is a cultural one. If we want to end misogyny on the net, we're going to have to end it offline, too. And we're going to have to do it together.

#HFARME

It's time to take a stand. Here's how to speak up without being shut down

Misogyny is never, ever caused by the way a woman behaves, so there is very little you can do on your own. Instead, we have to work together as one, by liking, retweeting and supporting each other. When abuse does come your way, there is no 'correct' way to deal with it, but we can choose our response armed with facts. Dr Claire Hardaker has researched the reactions to the most common approaches:

Staying silent. If your only aim is for the troll to stop, this can be one of the most powerful strategies, but it doesn't work in all situations, for instance, in cases of defamation, where silence could be taken as agreement.

Sincere engagement with the troll – reacting emotionally, asking why the troll is doing this. This is pure gold for the troll and they will continue.

Humanising the troll – asking the troll to tell you about their problems and why they are angry. This is a strategy that has worked for some, like professor Mary Beard, but it doesn't work for everyone.

Vigilantism - tracking down your troll in real life. A high-risk option, but often reveals the troll to be a rather pathetic individual.

Publicly mocking the troll. Another high-risk option. It can be very successful, but some trolls have been goaded into full-blown stalking.





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DIARY OF A SHOW

Erdem wowed LFW with his haunting, Hitchcock-themed catwalk extravaganza. From the moment of inspiration to the final bow, he exclusively shares the story behind the story with *Jess Wood*



THE INSPIRATION

'It was last October while I was walking round Frieze Masters that the idea for my show percolated in my mind. I saw this amazing installation by Robin Brown – he had built an apartment for an "art collector" and I found the idea of a space influencing a character fascinating. I started thinking about films I love, classics by Visconti, and Kim Novak in *Vertigo*, and I imagined – what if there was this odd person from an aristocratic family, but who had to be independent all of a sudden and move all of her beautiful old things into a little flat? What if she had to rip up her upholstered sofa and make dresses, and rip down the curtains and take her grandmother's old ocelot coat and combine it with shearling because she didn't have enough money?

'So I contacted Robin, and we found Nina Hertig from Sigmar, an amazing store on the King's Road that specialises in 40s and 50s furniture. We started piecing the character together – what did her bedroom look like? Did she drink a lot? Did she have a boyfriend?

'We started sourcing the decor and found some window doors from a 40s building that was about to be torn down. We used them like glass doors in the show, so you could see one girl on one side of the runway through these windows.

'Robin and Nina sourced everything from weird pink carpets and ashtrays to old paintings from a pub that closed down, as well as a wicker chair from a 60s airport in Helsinki. We found lots of old lights and put films over them so, when they were on, it looked like the room had blinds with chinks of light shining through.

'In the meantime, the collection was starting to take shape and Robin kept coming to the studio to look at the clothes – we had the idea of using the wrong sides of fabrics, ripping and "distressing" them. He found it all really interesting.

THE WEEK BEFORE THE SHOW

'In early February, we started to build the set at the venue, the Old Selfridges Hotel. The apartment went up piece by piece, the walls first, then the decor.

'The run-up to a show is always manic at my studio – we're still making the collection and receiving samples, which come in from Italy. My show is usually on the Monday of London Fashion Week, so we need to be ready for the model fittings to happen over the weekend. In theory, the collection should be finished by Thursday or Friday of the week before, but we're always on tenterhooks waiting for packages from Italy – sometimes fabrics arrive really late or something needs to be altered. By Saturday, I need to know my running order and how many looks I have, so we know how many girls to cast and fit. Showing at LFW is difficult, in terms of girls - we're between New York and Milan, and lots of them skip London and just fly straight to Italy. Plans change at the last minute, so we're often trying to find out who's actually coming. I wanted interesting beauties who were all different and characterful. We started casting at lunchtime on Sunday and went straight through until 3am or 4am.

'Editing the collection is another important job. For this show,

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there were 44 looks and almost 300 samples made. We might be taking a beautiful dress that took three days of hand-sewing but, for whatever reason, it just doesn't fit in and you have to cut it, which is hard.

'During fittings, the girl will come in, we try on a dress and get her to walk in it. I'll be thinking about whether her character fits the look, about her height, and whether or not it makes sense if she follows the last girl. When she walks, we understand how the dress moves and we might decide either that she's not right for the show, the dress isn't right for the show, or that she's perfect in it. That moment when you put something on someone and it's totally "her" is amazing. It's difficult to contain your excitement when they look incredible – every girl who made it into the show was a "yes!" moment at the casting.

'There's often three people from the studio pinning and fitting the look to the girl. It's total chaos by this point, so you really need a system. We have someone to take photos and a person in charge of shoes because we only have a certain number of pairs and we need to know, if the girl is a size 40, does she fit into the size 41 or do we have to take some from another girl and switch the shoes around? We have boards to keep track – one has pictures of the looks and one has the model cards, all colour-coded.

'Once the look has been fitted to the girl, it gets bagged up with



Clockwise from above left: model casting for the catwalk at Erdem's studio; the finished 'apartment'; the crucial lookboard; dresses hung up backstage; the shoe line-up – someone's entire job is to keep track of these



the shoes and accessories. If something needs to be altered, it goes onto the studio alterations rail.

HAIR AND MAKE-UP TESTING

'Make-up artist Val Garland and hairstylist Anthony Turner come to the studio and I show them the collection and we'll have a bit of creative back and forth. We always have two models so they can work simultaneously to save time. This season, I knew right away that I wanted a 60s bouffant, but still modern. We originally decided on red lips but then I had a whole wobble about it and in the end we went with the focus being kohl eyeliner, as if the girl had kind of done it herself.







Clockwise from above left: a dress fitting isn't all standing around; the showstopping finale; models getting ready for the rehearsal

'When things start to get stressful, my partner keeps me sane. He's an architect so he often works on my shows, and he's very calm and controlled. Sometimes there's an unexpected disaster, like water flooding from the level above our show venue, or a bird flying down the chimney right before the show's about to start (yes, these have both happened to me). I'm not really a shouter, so my meltdowns tend to be conducted in tense silence.

'By Sunday night, my whole team of 40 people are in the studio working on alterations – at showtime we bring in extra seamstresses to cope with the workload. This time, we were really organised and finished around 3am, which is pretty good compared to some seasons. We have been known to work straight through with no sleep. I headed home in the small hours and crept about the house as everyone else was already in bed, dying to talk to someone about it all.

SHOW DAY!

'Call time is 8am, for our 11am timeslot. My own outfit is basically about finding something clean – usually a tee, black jeans and trainers.

'At the venue, I headed backstage to see Janine from our production company. I'd seen the set being built during the week but I hadn't seen it totally finished, and I was so excited to see all the final details. I remember noticing a champagne flute, complete with bubbles – seeing all these ideas made reality was unbelievable.

'During the show rehearsal, there was an anxious moment where we had to choreograph the girls, to work out how they were going to transition from walking around the set to entering it in a smooth way. There were four girls missing at that point, because they were coming from another show—I had to walk them through it as the audience were actually on their way in.

'We only finished the music on Saturday – I'd found lots of old soundtracks, like one from an Audrey Hepburn film, *Wait Until Dark*, where she plays a blind girl trapped in an apartment. There's a scene where a lightbulb explodes and these three men break into her flat – the whole movie is about this terrifying moment, and the music is really weird. That was mixed in with the soundtrack to *La Dolce Vita* by my amazing music producers Moongazer.

I had a quick backstage chat with a couple of journalists and then suddenly, the girls were in their line-up – Sara and I always stand right where they go out, making sure every single girl looks great, and everything is tucked in and perfect.

'Watching the show on the backstage monitor, I could see all the girls moving seamlessly into the set – just seeing that one thing I was so worried about happen perfectly was a huge relief.

'The show always goes by so quickly – one minute the music is starting, then it's the finale and the backstage manager is pushing me out onto the stage. It's weird nowadays, because everyone is so busy filming on their phones, you don't get such enthusiastic applause. I never really hear anything in that moment – when the girls sat down on the set at the end, it was like everything went underwater for a second. Then I remember thinking, "It's finished, thank God!"

'I celebrated at my after-party at L'Escargot. I danced till who knows what time and drank cocktails. I don't remember what I danced to. But it was wild.'





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'MY PARENTS DIVORCED ME'

Five million people are estranged from their families in the UK, but what causes such deep-rooted rifts, and how does it feel living with the fallout? Three women share their experiences with *Cherry Casey*

MOST OF US HAVE FALLEN OUT WITH A FAMILY member. From niggling grievances to reckless arguments, we all

member. From niggling grievances to reckless arguments, we all know how easy it is to hurt those closest to us. Until someone apologises and we all move on that is. But what if the rift cuts deeper and, instead of a reconciliation, you're met with silence? One that lasts for years? Imagine never speaking to your mother again, or ditching your brother for good. And what if they dumped *you*?

More than five million people in the UK have stopped contact with at least one family member. In fact, the University of Cambridge and estrangement charity Stand Alone are currently researching the effects of estrangement on women and their relationships. But the nuclear family is still heralded by politicians as the core to a happy society, so it's hardly surprising that those who are estranged don't shout it from the rooftops. After all, if we can't make this most basic

of all human relationships work, what does that say about us? No wonder feelings of shame are often felt by the estranged and estrangers. 'Shame is one of the most painful emotions,' says psychologist Dr Joshua Coleman*. 'A reaction is to isolate one's self even further, to believe you deserve to be punished. And there's the knock-on effect. Estranged people may have trust issues when forming new relationships, which can lead to further isolation.'

The cause of the split could be as simple as being the 'black sheep'. Academic Dr Kylie Agllias says: 'When a "difference" isn't tolerated, individuals can feel rejected or smothered. So they're more likely to be estranged or choose estrangement to express that.' While the exact reasons can be complicated, estrangement can happen to anyone, regardless of class. Here, three *Marie Claire* readers describe how it feels.

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"WHEN PARENTS HURT: COMPASSIONATE STRATEGIES WHEN YOU AND YOUR GROWN CHILD DON'T GET ALONG, BY DR JOSHUA COLEMAN (£999, WILLIAM MORROW)

'I don't speak to my parents'



Becca Bland, 32, founder of estrangement charity Stand Alone, was cut off by her mother, then her father. She's since decided she wants nothing to do with them.

I was told my mum never wanted children. She was always very cold towards me. I was an only child and, even though my dad and Gran were

loving, there's something different about a mother's love and security – you'll always feel lonely if you don't have it. Growing up, I was desperate to be liked by others. I had an art teacher who took me under her wing, so I would often stay in the art room after school, because I felt wanted there.

'My mum became jealous of my relationship with Dad and Gran and, as I got older, she tried to push me away from the family. Eventually, she succeeded. She'd never want me to come home from university during the summer holidays, whereas my dad did. When I did come home, she'd tell me I could only stay for a day or two. It was clear from Mum's actions that I wasn't welcome in her home.

'When I was 24, I just couldn't cope. My counsellor said that if I wanted to heal our relationship I had to be honest. So I wrote my mum a letter describing how I felt about her rejection. Unfortunately, she didn't respond. I heard that she gave my dad an ultimatum – her or me – and he chose her. I tried to reconcile at first, but have now cut them both out of my life.

'Setting up Stand Alone in 2012 has helped me get a sense of closure. It supports men and women who are estranged from their family members, whatever the circumstances. For the first time, I could take control of the shame and challenge it. And being open about my situation has made it more manageable.

'My last relationship broke down because I hadn't been honest with my partner (I told him my parents lived in Australia). I've been with my current partner for three years now and he knows everything. It was still very difficult to trust him at the start; I was worried I'd lose him, or he'd see something bad in me that would make him walk away.'



I have tried to make amends with mum. It destroys me that I don't see her'

Gill Sullivan, 37, runs a child-minding business. She has no contact with her mother, father or two younger brothers.

'My mum and I have been estranged for just under two years, but there have been tensions for far longer. I always felt that she favoured my two brothers. Maybe she could control them more, or they didn't argue back as much.

'Despite this, she was always possessive. Whenever I got close to someone, she tried to sabotage it. There was always a reason I shouldn't be friends with someone. She even accused my mother-in-law of trying to "steal" me. Then I had children, and perhaps she felt she wasn't receiving the attention she deserved.

'It came to a head two years ago, when she arrived for a visit. She'd brought along her new puppy and it wouldn't settle, so she decided to leave during the night. I was so angry, because my four-year-old son, Alfie, had been looking forward to her visit, and I felt that she was using the puppy as an excuse to go. We came to blows and I said a lot of things that had been bothering me for years about the way she'd treated me.

'She told me we'd come to "the end of the line" and has since had nothing to do with me. My adoptive father stopped speaking to me too, although I've had some contact since he and my mother split last year. My two brothers also don't talk to me.

Tve tried to make amends more than once. I'm not sure whether I miss her or I miss having a family, but it destroys me that I don't see her. It's like a bereavement, but when somebody dies, you get support. This is something that I just have to accept.

'My daughter, Daisy, is three and Alfie's six now, and I feel guilty for them, too. Alfie used to ask after her. I explained that Grandma wasn't very happy, and it was nothing he had done.

'I want my children to feel secure and know they have me to fall back on, because I never had that. And I really want Mum to be part of their lives, but the longer this goes on the less likely that seems.'



'It's a loneliness that exists in your mind. Certain people view me with caution'

Claire Erskine, 41, works in financial services. After her parents died, her sister broke all contact.

'My parents divorced when I was ten and my sister Laura was five. My mother was emotionally and often physically not there for us, so one night when she was gone, I walked to a neighbour's house with Laura and asked them to call our dad to pick us up. From then on, I lived with him, but Laura stayed with our mum. I felt terrible about leaving her.

'When I was 21, my father died, and several years later, I temporarily moved in with Mum. I assumed Laura and I would become closer but I ended up tip-toeing around her and felt my "place" in the family had gone.

'After our mother died in 2012, I discovered I'd been cut from her will. Although I hadn't spoken to Mum in years, I'd loaned her a lot of money on the understanding that I would be paid back when she sold her estate. I challenged Laura about it and she stopped speaking to me, so I was forced to seek legal action.

'Laura accused me of being "all about money", but it runs deeper than that. It's an excuse to put our relationship to bed. There were positives to cutting contact with Mum-I felt so much happier – but there are no positives to losing Laura. My mum pitted us against each other over the years.

'Estrangement is isolating. I have lots of friends, a great partner and my son, but it's hard. It's a loneliness that exists in your mind, and I know certain people view me with caution. I have a lot of trust issues with Laura, but I'd be open to reconciliation. I'd like my son to know his bloodline.'

If you've experienced estrangement and would like support or information, visit standalone.org.uk or tweet@ukstandalone.



THERE'S MORE TO TASTE



LAVATIA

TORING ITALIA 1895

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Playing the father, worrying about his joints and enjoying the ironing: we almost didn't recognise

DOMINIC COOPER...

Words by MARTHA HAYES

DOMINIC COOPER'S 'IN A SLIGHTLY

odd place', both figuratively and quite literally, as he gazes out of his hotel window in San Diego to describe a man walking past with a fake shark through his body and a load of pirates shouting and jeering. The Greenwich-born actor, 37, is at the world famous Comic-Con International (where sci-fi superfans take their dressing up very seriously) to promote an action film based on the video game Warcraft, but instead of joining in the, erm, fun, he's ironing his socks. 'I don't have an ironing board at home, so whenever I'm in hotels I have a good iron.' Sounds like an excuse to me. 'I don't know if it's me being stupid, but I can't get my head around it... I love that people get so excited [by these films] but to be honest, it's odd that I've ended up making so many.

It is for a LAMDA graduate and theatre actor who got his big break in Alan Bennett's *The History Boys* (2006) alongside his life-long friend James Corden; gained Hollywood heartthrob status in the smash-hit *Mamma Mia!* (2008) opposite (then girlfriend) Amanda Seyfried; and went on to tackle Saddam Hussein's psychotic son Uday and his doppelganger

in *The Devil's Double* (2011). Alas, along came 2011's *Captain America: The First Avenger* followed by Marvel TV series *Agent Carter. Warcraft* and *Preacher* (written by Seth Rogen and based on the DC comics) will be released next year.

His reasoning, then, for a supporting role in this month's Miss You Already, a bittersweet British-American comedy-drama - starring Drew Barrymore and Toni Collette - about a friendship between two women jeopardised when one of them gets breast cancer, is understandable. I just wanted to do something where I could talk as a human being, and be natural and real,' he shrugs. He says he's had loved ones suffer with cancer but doesn't go into details. Like many actors of his generation, he plays the game and doesn't respond to directly personal questions ('I'm in a relationship... I don't go into my relationships in these interviews. I got stung too early on, in the most horrible fashion'). But let him talk and ten to the dozen he does, from the anxiety dreams he still has about not doing school homework to owning a flat in London so small he keeps his Hoover in the shower – and snippets of info gently build up a picture of Dominic Cooper. At the risk of psychoanalysing, the ironing board (or lack of) feels like a metaphor for the absence of a living, functioning home.

In the film he plays a hard-partying rock star turned sensible father, so I wonder if he's bridging that gap in his own life. Like his older brothers, lots of his mates, including Corden, have kids now. 'He's a gorgeous dad. He also works extraordinarily hard. One of my friends has five children, and I'm just like, "How?!"

I'm amazed by people with any sort of family.' He takes his godfather duties to Corden's four-year-old son, Max, very seriously. I'm sad by how little I get to see them as a family,' he admits. 'That's something I'm always trying to change. You have a responsibility as a godparent that people often take lightly, but it's important to be there.'

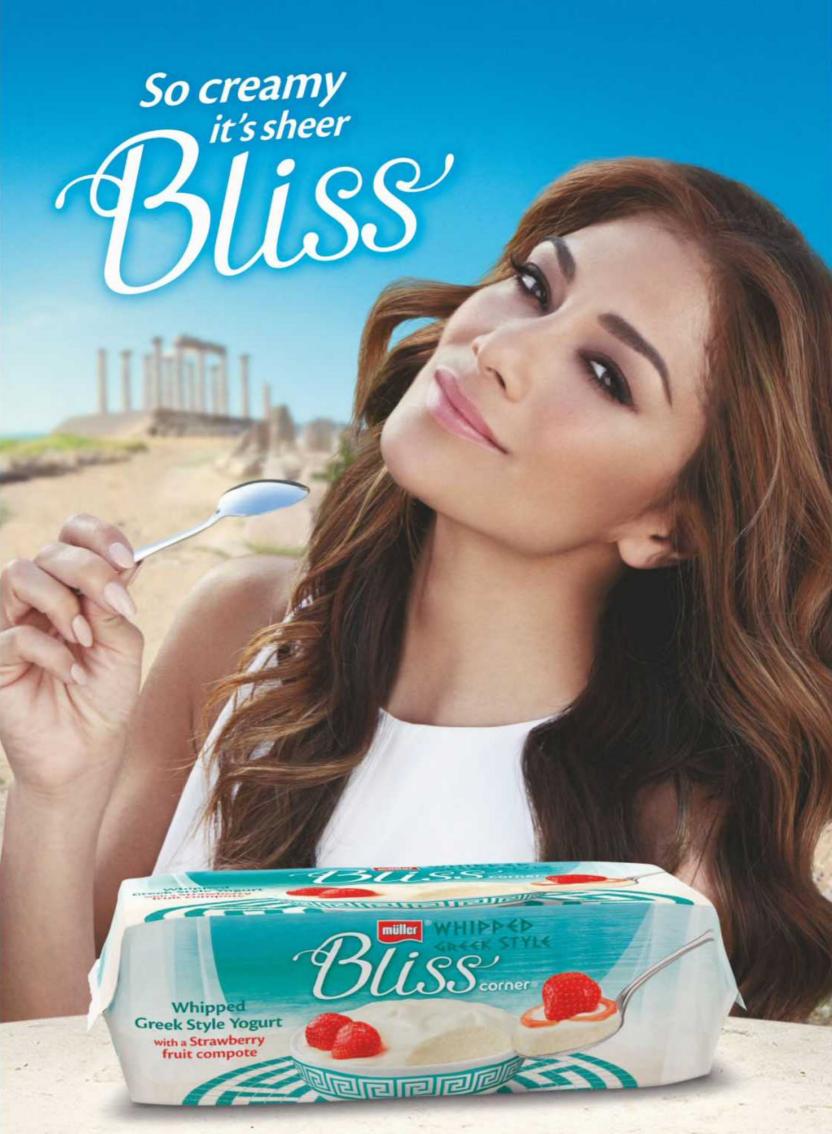
Does he look at his friends and want what they've got? 'Absolutely. That's the goal. That's the thing that scares me most... older people who've been lonely in their later years,' he muses. 'I don't believe you should have children to protect yourself from loneliness, I certainly don't mean that. I just look forward to the fun and excitement of having them, and your family being your number one focus.'

I joke that he had better brace himself for more 'dad' roles now. 'Do I make a believable dad?' he asks earnestly. He denies he has an issue with ageing. 'I don't mind getting old, looks-wise, that I'm fine with. I just can't bear not being able to do sports. I'm going to be one of those people hobbling around the tennis court with straps over my joints.' But he's clearly very conscious of how his career is progressing ('Is it getting worse and worse?' he asks me point), citing Matthew McConaughey as an inspiration in how he put his career on hold in order to be taken seriously. 'It's scary turning down work, you always think you're never going to work again, but you have to try and figure out where you want to take your own career. Some people are really good at understanding where they want to see themselves. I'm terrible at it.'

Next up, he'll head to Italy to play the lead role in action-thriller Stratton: First Into Action. But not before we'll see him reunite with Corden in the film adaptation of Alan Bennett's The Lady In A Van. All the 'History Boys' have cameos, so there was a lot of reminiscing about when they were on Broadway in their early twenties, when Cooper and Corden used to live together in a flat in London and their worries were so far removed from the ones they have now. 'I definitely don't laugh like that [any more]. But luckily we have very clear memories of what we were laughing at,' he says coyly. 'So we can still laugh about it now.'

Miss You Already is in cinemas 25 September





I rebuilt my life afterfleeing Irag'

'When I was four, my parents fled Babylon and brought my four siblings and me here, leaving everything behind. We've never gone back because it hasn't been safe but I've kept my roots. I speak Arabic and have launched the UK's first melon-juice range - it's a traditional drink in Iraq.' ROSE ALDEAN, 27, Manchester







TILLE TO SERVICE TO SE

'I'm a plasterer \\ and bricklayer'

'I used to help out my dad on building jobs, then, as part of my degree, I wrote a business plan for a female-only building company. Inspired, I set up Female Builders & Interiors in 2007. I've had funny looks when I've turned up on a job; it shouldn't be about gender but skill.' PHILIPPA TUTTIETT, 31, Cardiff

For the full stories visit marieclaire.co.uk/ share. Head to Twitter @marieclaireuk to tell us something surprising about yourself using #mcshare

'Gwyneth Paltrow wore my dress to the Oscars'

'My job as a textile designer for Alberta Ferretti was very high pressure. We didn't know who'd be wearing our designs until afterwards. Seeing Gwyneth Paltrow on the 2008 Oscars' red carpet in my dress was seriously surreal.'

LORNA McGINNIGAL, 31, Glasgow



Tm married to myself"

After a bad break-up, I started writing a novel about a woman who marries herself. Then I wondered if I could do it, too. My wedding was a real celebration; my loved ones watched me commit to myself. I changed the traditional vows to be about one person, but the meaning was still the same. It was empowering.' SOPHIE TANNER, 36, Brighton





JOAN RIVERS EXITS THE OFFICE

of New York dermatologist Patricia Wexler, her regular go-to doctor for Botox and fillers. As she gets down on her hands and knees and crawls into the crowded waiting room, she pulls her face into a stroke-like grimace. 'Look what she did to me!' mumbles Joan, as the assembled models and socialites look on in complete horror. The prank is pure Joan.

Her humour was unsparing, unapologetic, unadulterated. In a career that spanned six decades, the wisecracking comedian took no prisoners, least of all herself, as she mined her own life for laughs. When she launched onto the New York comedy scene in the 60s, her stand-up routine was no less than ground-breaking in its ferocity. Camille Paglia described her as 'an iconic feminist role model'. No woman had ever had the balls to tell it like Joan did, and tell it she did, with her trademark catchphrase, 'Can we talk?'

Joan Alexandra Molinsky (she later took her agent's surname) was born on 8 June 1933, in Brooklyn, New York. She was 'a fat, ugly child' who felt outshone by her elder sister. It made her desperate to be smarter and thinner. As a child, she was also attuned to her parents' strained relationship. Both Russian Jewish immigrants, her father, Meyer, was a hard-working doctor, her mother, Beatrice, a housewife who lived beyond her means. (Joan would grow up to be a prodigious spender.)

She first discovered the power of comedy aged eight when she regaled family friends with a funny story and realised they were laughing with her, not at her. Years later, in her biography, *Enter Talking*, Joan wrote

From far left: Joan in 2005; pictured as a child circa 1943, the daughter of Russian Jewish immigrants; Joan with TV producer Edgar Rosenberg, whom she married four days after they met; performing on An Audience With Joan Rivers, 1984



Right: Joan's big break came in the 60s when she was a guest on *The Tonight Show* with Johnny Carson, who told her: 'God, you're funny. You're going to be a star.' She became a regular on the show and guest-hosted numerous times, before landing her own show in 1986



how comedy was 'a medium for revenge. We can deflate and punish the pomposity and the rejection which hurt us.'

Joan aspired to be an actress, but her parents threatened to disown her, so she took a job at a department store instead. At 22, she married the boss's son. Five months later, the union was annulled – he didn't want children and hadn't told her. Joan returned home to her parents until a row over her acting forced a year-long estrangement – her father, having watched one of her early theatrical endeavours, said the play 'was the worst piece of garbage I ever saw'. It was a pivotal moment; she struck out on her own, taking any work she could get while auditioning for acting roles (one of her first was playing the

lesbian lover of an as yet unknown Barbra Streisand). When Joan heard she could earn more as a comic than as an office temp, she discovered a surprising new metier.

LIFE STORIES

In the early 60s, Joan unleashed her simmering resentment. Her inspiration was the no-holds-barred comedian Lenny Bruce, from whom she learned that 'outrageousness can be cleansing and healthy'. Starting in seedy strip joints, she hustled her way into clubs, where she was the only female performer alongside other wannabes such as Richard Pryor and Woody Allen. No subject was safe from her acerbic wit – abortion, disability, fat celebrities and the Holocaust were all grist to the mill. 'When I am on stage, I am every woman's outrage,' said Joan. 'I am

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LIFE STORIES





furious about everything. Every joke I make, no matter how tasteless, is there to draw attention to something I care about.'

Finally, in February 1965, Joan was a guest on The Tonight Show. She left host Johnny Carson in stitches and he told her, 'God, you're funny. You're going to be a star.' Not only did Carson's prophecy come true - three years later, Joan was packing out comedy clubs across America and being heralded by The New York Times as 'quite possibly the most intuitively funny woman alive' - Carson also introduced Joan to her new husband. I just knew he was absolutely correct for me,' said Joan, who married TV producer Edgar Rosenberg in July 1965, four days after they first met. 'He was smarter than I was. And, outwardly, he also had what I wanted: manners, the façade, the credentials to walk into any room.' Controversially, Joan continued to perform while heavily pregnant with daughter Melissa two years later. 'That was unheard of,' she said. 'Every reviewer said I should not be on stage.'

Her bravado belied crippling insecurity. She told one interviewer 'no man ever told me I was beautiful... no man ever told me I had a good body'. Her solution was plastic surgery. 'A bad face-lift is better than none at all,' reasoned Joan, who had two, as well as cheek implants, an eye lift, nose thinning, liposuction and a tummy tuck. T've undergone more reconstruction than Baghdad,' she once quipped.

Joan's career soared through the 70s and into the 80s. She became a permanent guest host on *The Tonight Show* and enjoyed sell-out tours in Vegas, commanding \$200,000 for a five-night run. She admitted: 'I am my work. It's my drug of choice. I'm afraid the work will dry

Clockwise from above: chatting with Boy George while guest-hosting on *The Tonight Show*; with Orin Lehman, her partner for nine years before they split because of his infidelity; holding 19-year-old daughter Melissa's hand at husband Edgar's memorial service



up.' Unbeknown to her, that nightmare – and much more – was about to come true.

Although in 1986 she received a \$15-million contract to host *The Late Show Starring Joan Rivers*, making her the first woman to have her own late-night talk show on a major network, her supremacy was short-lived. Less than a year later, Joan was told by TV executives to tone down her style and ratings slumped. Behind the scenes, rows led to Fox threatening to sack the show's producer, Joan's husband, Edgar. Joan said she'd walk, and in the end, they were both fired. Three weeks later, Edgar – who'd been suffering long-term depression – committed suicide.

His death almost broke Joan. She became estranged from 19-year-old Melissa for a year (her daughter blamed her for what had happened). She also discovered that Edgar had squandered all their money on bad investments.

Joan sold her Bel-Air mansion and moved to New York. Then the work dried up; nobody wanted to book a woman whose husband had killed himself. As her life began to unravel, Joan became bulimic, though she later recovered with therapy. (Friends recall how when they went out to dinner, she would put mints on the table and eat them while picking at her food.)

At her lowest, she considered suicide. I was a pariah. I was a non-person. I thought, "What's the point?" recalled Joan, who was saved by her dog, Spike. I had the gun in my lap, and the dog sat on the gun.'

She was forced to start again. She took her 'merry widow tour' to the tiny clubs where she'd begun, getting booed when she told gags about Edgar's death. But she clawed her way back and, in 1989, her persistence was rewarded with a new daytime TV talk show, *The Joan Rivers Show*, which ran for five years and earned her an Emmy award. Three years later, she found love again with Orin Lehman, a former financier who had the use of only one leg ('my Heather Mills'). After nine years together, she discovered he was seeing other women and she dumped him.

For a while, she made a financial recovery with the jewellery range she sold on QVC

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LIFE STORIES

Right: Joan volunteered for the HIV/AIDS charity, God's Love We Deliver, for 25 years. Far right: age did not soften Joan's acerbic comedy, and no subject was off limits, from her plastic surgery to her husband's suicide





(when clothes and beauty were added, she pulled in more than \$1 billion). She had a lavish lifestyle to fund, including an Upper East Side penthouse that resembled a mini Versailles, and a butler who served guests M&Ms from a silver platter. But she was known for her generosity, paying the school fees for her friends' children.

Shockingly, in 1995, another financial disaster loomed when her business partner absconded with \$37 million after floating her company, Joan Rivers Inc Worldwide. 'I'll work for the rest of my life to pay that off,' she said at the time. Fifteen years later, the documentary Joan Rivers: A Piece of Work showed Joan was still haunted by failure. 'I'll show you fear,' she says, staring forlornly at a blank diary. 'That's fear.'

'I was quite intimidated by the idea of Joan,' says Ricki Stern, one of the film's directors. 'But she was much more open and vulnerable than I'd expected. At our first meeting, she sat on a stool looking up at me. It was her way of putting me at ease.'

Joan spent 25 years volunteering for a charity that delivers meals to people with HIV/AIDS. 'I remember at one delivery there was no elevator in the building,' says the charity's Blaine Trump. 'Joan was dressed to the nines. We walked up seven flights of stairs. When we got to the door, she fell in

"CAN WE TALK?" The razor wit of Ms Rivers

ONSEX

'My best birth control is to leave the light on.'
'My love life is like a piece of Swiss cheese.
Most of it's missing and what's there stinks.'

'My sex life is so bad, my G-spot has been declared a historical landmark.'

'My vagina is like Newark. Men know it's there, but they don't want to visit.'

ON EXERCISE

'The first time I see a jogger smiling, I'll consider it.'

'I don't exercise. If God wanted me to bend over, he'd have put diamonds on the floor.'

ON AGEING

'Don't talk to me about Valentine's Day.
At my age, an affair of the heart is a bypass.'
'You know why I feel older? I went to buy
sexy underwear and they automatically
gift-wrapped it.'

ON PLASTIC SURGERY

'I wish I had a twin so I could know what I'd look like without plastic surgery.'

'I've had so much plastic surgery, when I die, they will donate my body to Tupperware.' the apartment and said: "I've gotta sit down. Here's your meal." She was hilarious.'

After her career hiatus, Joan, at 77, bounced back with a new TV show, Fashion Police, in which she and Kelly Osbourne lampooned celebrity wardrobes at red-carpet events: I say: "Nicole Kidman, you're in a red dress with a white face. You look like a ketchup bottle." She won't talk to me at the next party, but that's my job.'

Four years later, Joan made possibly her most controversial comment yet when she responded to 2,000 Palestinians being killed in the Israel-Gaza crisis: 'They were told to get out. You don't get out, you're an idiot. At least the ones killed were the ones with low IQs.' She later said her comments had been taken out of context and a statement said she was 'praying for peace'.

She seemed unstoppable. Asked if she'd ever retire, the 81-year-old shot back: 'I'd rather die.' A month later, she stopped breathing during a minor throat operation. She remained on life support until her death on 4 September 2014. The clinic is now the subject of a lawsuit.

'She was so funny, smart, kind and likeable, you couldn't not fall in love with her,' says Ricki Stern. 'The small shows where she'd test out jokes was when you saw her brilliance. Laughter was her oxygen.'

$CHANGING\ FACES\ \ \textbf{Joan was - by her own self-mocking admisson - addicted to cosmetic procedures}$













PHOTOGRAPHS BY TRUNK ARCHIVE, WENN, COM, REX FEATURES, TIME & LIFE PICTURES/GETTY IMAGES, ALPHA PRESS LIFE IMAGES COLLECTION/GETTY IMAGES, LENNOX MCLENDON/AP, GETTY IMAGES, BANCROFT MEDIA, WIRE IMAGE

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PHOTOGRAPH BY ALISHA GOLDSTEIN

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After years of taking the nation's dirty worktops, bathtubs and ovens comfortably in its stride, Cif is ready for a new challenge.

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You can follow our progress and find out more about how Cif and English Heritage are making England shine at www.cifclean.co.uk



FILM

Ready, steady, Cooke!

OLIVIA COOKE continued

One of my first jobs was a video for a One Direction tour. I thought, 'Eurgh, a bunch of 13-year-old boys, I can't be bothered,' but it was £250 for a day's work. In the audition, they asked me for a party trick, so I did the splits. I'm pretty sure I pulled something because I had to ask them to help me up. I probably only got the job because they felt sorry for me. It was never the plan to shave my head for the role of Rachel [who has leukaemia] in Me And Earl And The Dying Girl. I was meant to wear a bald cap but, two weeks before shooting, I thought about all the bald caps I'd seen in films and how I'd always been able to point them out. The night before we shaved my head, I was weirdly excited, and then I had a bit of a meltdown so I had some vodka. I've now got a kind of mullet thing going on.

I moved into an apartment in Brooklyn on a whim. I Skyped my mum this morning and was like, 'Oh god, I don't know what to do, I need to make friends.' I'm literally smiling at everyone like, 'Please be my friend.' Back home in Manchester, everyone's moved on, so when I go back to my parents, I revert to being like a 15-year-old, moping around the house. On Wikipedia, it says I do in-line rollerskating but that's such a lie. I once told a magazine that I'd got rollerblades for Christmas and all of a sudden, I'm on set in these bloody rollerblades posing and they're asking me to do tricks! I can stop and start but that's it.

I scared Sam Claffin in my audition for The Quiet Ones (2013). The director came up to me and whispered, 'I want you to scare him.' In my head I was thinking, 'What the fuck am I going to do?' So, I held his gaze and did this piercing scream and he leapt in the air. In the film, I'm just in a smock and knickers, running around like a maniac. There were no expectations for me to be sexy or pretty, I just had to be creepy. Red carpets are so nerve-wracking. The makeup has to match the outfit; the outfit has to match the hair; the hair has to complement everything and the shoes have to be just right. I'm just always thinking that when it's over, I can have a drink and some food, and just chill. Nick Offerman is the best. He's not like Ron Swanson [his character in *Parks And Recreation*] - there are elements there but he's also gentle, sweet, loving and generous. He's incredibly smart, so anything you say in response to his questions just feels like the stupidest thing. Sales assistants would follow me around shops thinking I'd steal something when I had a shaved head. And when I'd leave the bubble of

realised I was used to. It was bizarre for a while but also humbling. You need a lot more substance than just being pretty to be a good person; it was a coming of age thing for me.

Me And Earl And The Dying Girl is in cinemas from 4 September





Chronicling rap's love affair with fashion, this documentary (out 30 October) starring Kanye, Nas et al is a who's who of the hip-hop scene. Get set to buy oversized pants, graffitied jackets and a Jesus piece or two.

Ghetto supastar

Call it the Empire effect (back this AW), but we're getting serious hip-hop vibes. You do the math...



MOSCHINO

With his chains, puffer jackets and tagged ball gowns, Jeremy Scott has never been one to shy away from fully encompassing a trend. This season, he's practically the OG

RAURY

Part of a genre-defying new wave of rappers, seriously smooth Atlantaborn troubadour Raury counts Lorde and Pharrell as fans. Fusing funk, soul, folk and hip-hop, we can't wait for his debut album later this year.



A crime comedy-drama produced by Pharrell and Sean (P. Diddy) Combs? No wonder Dope (out 4 September) has the best soundtrack, a superstar cast (we heart Zoë Kravitz) and a shed-load of swag



TREND

GAME OVER

This autumn, it's 'laters' to four of the most iconic Brit TV series of the last decade. Missed any? Read our crib sheets and get the box sets before it all kicks off



USP

Six dysfunctional students are lobbed together in a house in Manchester in this C4 comedy by Jesse Armstrong and Sam Bain. Throwback to your student days.

RIP

There isn't one character we're not going to miss but special mentions to space cadet Vod (Zawe Ashton) and posho JP (Jack Whitehall who er, plays himself).

OMG

The infamous student digs - 28 Hartnell Avenue - is an actual Victorian-style house on 28 Mayfield Road in Whalley Range. Super-fans, you're all set...

USP

Just when we thought period drama was dead, along came Julian Fellowes and his post-Edwardian show. It's bagged too many Emmy awards to count.

RIP

DOWNTON ABBEY

It was traumatic enough when Dan Stevens was killed off in series three, but to lose Dame Maggie and Michelle Dockery when the show ends this month is a bit much.

PEEP SHOW

OMG

Word has it that some of the 1910/1920s costumes in the series are so vintage, they're too fragile to be washed. Translation: they smell. A lot.



Off the back of his cult 2006 film, This Is England, Shane Meadows wrote three gritty drama mini-series for C4. The swansong will be this autumn's This Is England '90.

RIP

Woody and Lol will forever be in our hearts, played by Joe Gilgun and Bafta-winning Vicky McClure. Yep, that Joe's done very well for himself since Emmerdale.

OMG

Shane Meadows says that he likes actors to stay in character. 'If two characters are at war with each other, I don't expect the actors to socialise,'he once said. Fair dos.



USP

Before Fresh Meat, Armstrong and Bain came up with a Beavis And Butt-head-style sitcom where two characters just watch TV. Like Gogglebox but way cooler.

RIP

It's been David Mitchell (wetblanket Mark) and Robert Webb (layabout Jez)'s finest hour, but the duo go from strength to strength. Just don't mention that Apple advert.

OMG

Olivia Colman (who made her name playing Sophie in series one to seven) missed a friend's wedding to film the pilot. She knows when she's on to a winner, that one.



Reporter

FILM

Must-see movies



LEGEND ★★★☆☆

Tom Hardy plays both Ronnie and Reggie Kray, the notorious gangsters, in this biopic. Cleverly made, but the tone veers wildly and Hardy was more chilling in *Peaky Blinders*.



IRRATIONAL MAN ★★★☆☆

How do you rationalise murder? Woody Allen's latest, starring Joaquin Phoenix and Emma Stone, sees him back in *Match Point* mode for this campus-set tale. Smart if slight.



MIA MADRE ★★★☆

John Turturro triumphs as a boastful actor on an Italian job in this heartwarmer from acclaimed director Nanni Moretti. Beautiful – you'll want to ring your mother afterwards.



THE D TRAIN ★★★★☆

Jack Black's the funniest he's been in years in this ace comedy about a small-towner who heads to LA to lure James Marsden's actor-hunk back for their school reunion. Hilarious.

Life through a lens

Take two of Hollywood's hottest stars, throw in one of the coolest directors around, mix with a grade A icon and what do you have? The answer is *Life*, a sublime new film about *Rebel Without A Cause* star James Dean, played by *The Amazing Spider–Man 2*'s Dane DeHaan. Set in 1955 – seven months before Dean died, aged 24, in a car crash – it shows the Indiana farm boy on the cusp of stardom. 'The film is not a bio,' says director Anton Corbijn (*Control*). Rather, it's about Dean's friendship with Dennis Stock (Robert Pattinson), the photographer who captured the actor in a series of now-legendary images for *Life* magazine.



LEGACY OF A LEGEND

'I never had that massive a connection to him,' admits Pattinson of Dean. Surprised? DeHaan wasn't. 'A lot of young people don't know who James Dean is,' he says, 'which - to me - is a travesty. If they watch this and go back and watch James Dean's movies, then I feel like it's mission accomplished. I think [his films] are still pretty universal and speak to the younger generation.'

SNAP HAPPY

Corbijn, famed for his career as a photographer capturing the likes of U2 and REM, got Pattinson a Leica camera for him to practice on. 'Photographers always have cameras on them and I wanted Rob to become familiar with it.' Pattinson says he took 'a bunch of photos. I don't know where they are! They must be pretty awful or I'd have thought they'd be part of the publicity.'



BODY OF WORK

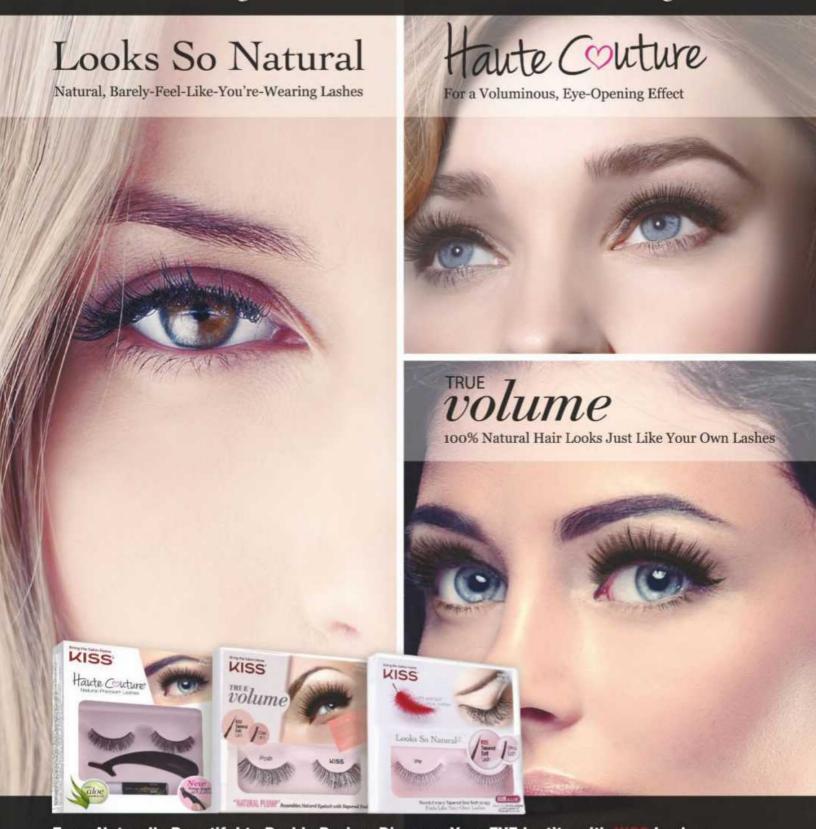
Cast as Dean, DeHaan was shocked. 'I was like, "Why do you want me to do it? I don't get it. Surely there's a better option!" To prepare, he put on 25lbs. 'Film stars back then, they weren't chiselled like they are today, 'he says. 'James Dean had a pretty soft farm-boy body. That's what I wanted. I wanted to look as much like him as possible. I didn't care so much about looking like a film star of today'

SMOKIN' HOT

Even if you don't know much about James Dean, you'll no doubt have seen one of the photos taken by Stock - in Times Square. 'It's the most iconic,' nods DeHaan. 'It's the one where he looks like the persona that has preceded him, where he looks cool, doesn't care that it's raining on him, just smoking a cigarette.' The film brilliantly recreates the moment the shot is taken, through clever use of CGI.



What's your EYEdentity?



From Naturally Beautiful to Darkly Daring, Discover Your EYEdentity with KISS Lashes.



My family never pushed anything literary on me, despite our background [Dree's great-grandfather is Ernest Hemingway]. They let me find my own way. Reading was always a choice, which was nice.

I love watching TV. I landed in London the night *TFI Friday* came back and that was kind of amazing; I'd never seen it before. I'm three episodes behind on *Game Of Thrones*, which is really irritating – I've been avoiding the spoilers on *Daily Mail Online*.

Growing up, I spent a lot of time on my mother's [Mariel Hemingway] film sets and it definitely influenced me in terms of knowing I wanted to be an actor.

I'm a little bit homeless at the moment, which is kind of scary. I just bought a house in Los Angeles. I'm excited about it, but I'm doing all this work on it and it's not fun. The roofing, drainage and plumbing... all that grown-up stuff.

My favourite beauty buys are Bioderma Sensibio H20 cleansing water, Ling eye cream and Weleda Skin Food moisturiser. It was nice to be asked to be the face of Chloé's eau de parfum, I love the fragrance.

Hemingway

The model/actress on Game Of Thrones spoilers, stealth shopping and being a Hemingway Shopping, for me, just happens; I'll walk by a window and stare in. I bought the Vans I'm wearing right now from Dover Street Market in London. I love Céline for trousers and bags, and Marni for the fun dresses and great patterns.

She was so beautiful and such a strong woman. I also like people who own themselves and aren't afraid to be a little different, like David

Bowie, Katharine Hepburn and Faye Dunaway. I always go to Melet Mercantile when I'm in New

I always go to Melet Mercantile when I'm in New York. It's a vintage store by Bob Melet, who travels around the world and finds incredible pieces. I love going out on the Lower East side – Barrio Chino is my favourite restaurant.

Art is a thing that I've recently got into. I like Wes Lang and would love a sketch by Richard Serra, but they're so pricey.

Mexico is one of my favourite countries. There's this place in Tulum that I stay in. It's a little bungalow and you look straight out onto the ocean and white sand. Dree Hemingway is the new face of Chloé Signature fragrance, which will be launched this month

Reporter

RADAR

IT'S HAPPENING

A load of naked celebs, an addictive new crime drama and the kids' book for your coffee table (stay with us); here's everything you need to ease you into the months ahead

THE SORT-OF **SCANDI DRAMA**

Abi Morgan has a compelling crack at Nordic Noir this month with BBC1's River starring Stellan Skarsgård (father of True Blood's Alexander Skarsgård, FYI) – which is a good start – as a police officer haunted by the victims of the murders he's trying to solve. But which conversations are imagined and which are real? And who's alive and who's dead? It will fry your brain - in a good way.



THE NAKED A-LISTERS

Controversial photographer Terry Richardson is as famed for his (often lewd) celeb portraits as he is for cutting-edge fashion, so it's no wonder he named it Vol. 1: Portraits/ Vol. 2: Fashion 1-2 (£90, Rizzoli). True to form, it contains more nudity than you can shake a (selfie) stick at, as well as all the fash-pack icons (Cara, Kate, Karlie et al) you might expect.

STELLAN SKARSGÅRD

THE WAY TO KEEP **SUMMER GOING**

A celebration of folk legend Nick Drake's life, headline slots from Django Django and Tame Impala, plus specially curated indie films: this year's End Of The Road (4-6 September) is the hippest festival of them all. We're heading to Dorset to catch Sufjan Stevens, and Never Mind The Buzzcocks' Phill Jupitus, who, let's face it, never does a hangover any harm.



THE ONCE-IN-A-LIFETIME SHOW

Everyone from Alex James to Stephen Fry has fallen for the charms of immersive theatre experience You Me Bum Bum Train. And, so sworn to secrecy are the organisers about the latest run (from September-October), we can't even tell you very much. 'The less you know the better, advises the website.

THE KIDS' BOOK YOU'LL WANT TO READ

Music producer, fashion designer and all-round Happy chappy Pharrell Williams is adding 'children's book editor' to his CV this month with the launch of HAPPY! (£10.99, Penguin Random House UK Children's). See what he did there? Cue lots of pictures of cute kids talking about what makes them happy, which sounds a bit weird but we're into it. As is he - there are three more in the pipeline.

Must-Reads

Liven up your daily commute or boost your bedtime routine with these page-turners



THE TAXIDERMIST'S DAUGHTER by Kate Mosse (£16.99, Orion) Connie Gifford, the

daughter of the disgraced village taxidermist, tries to track down a local killer in the wake of increasingly shocking murders.



PURITY

by Jonathan Franzen (£20, HarperCollins) An epic spanning HANDS decades and

continents, the dysfunctional yet painfully average Purity Tyler is searching for a father she's never met. Compelling, dark comedy.



by Juliet Jacques (£16.99, Verso) This brutally honest and

funny memoir chronicles Jacques' gender reassignment surgery, which was originally serialised in The Guardian.



ASKING FOR IT

by Louise O'Neill (£12.99, Quercus Books) Hugely anticipated second novel from

the writer of Only Ever Yours. Emma O'Donovan is a beautiful teenager whose life is ruined by the drunken events of a party.

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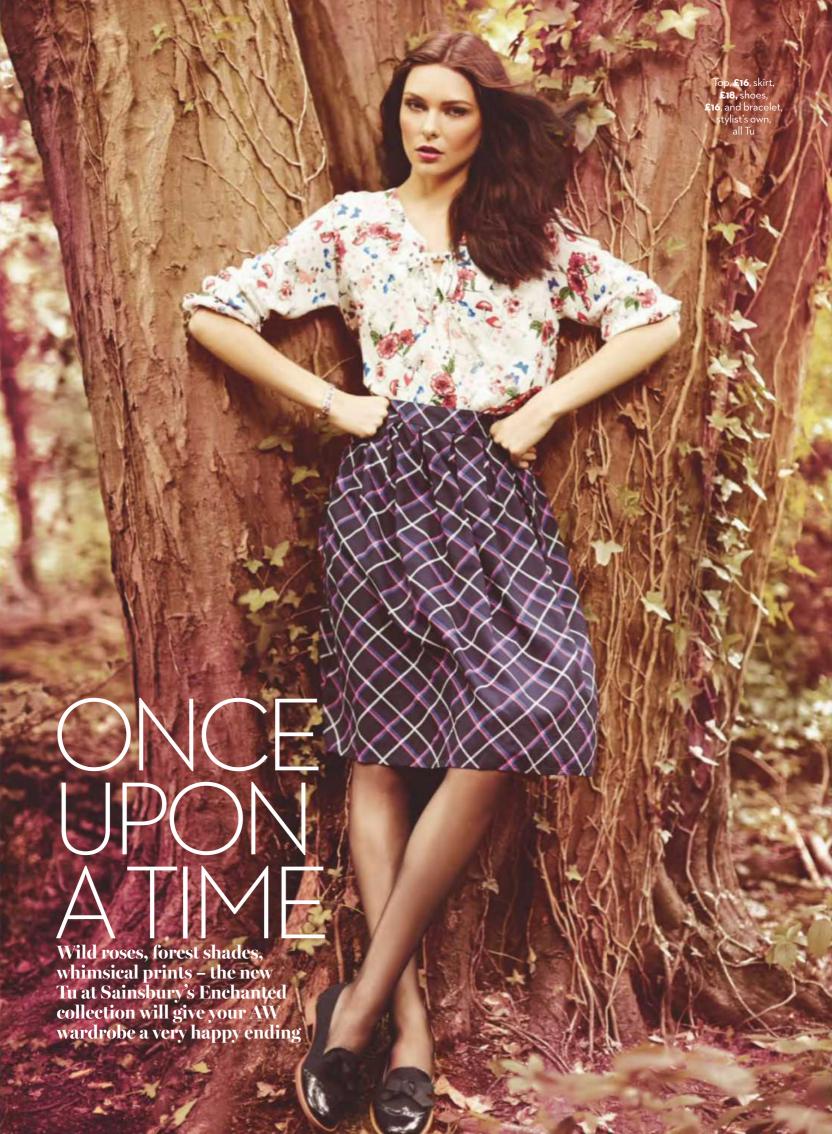
What's more, its range is designed for all skin types, so if you're

in need of a little plumping and smoothing, why not try its Collagen Boost Restore And Replenish Face Cream and Cream Cleanser? Or, if you're looking for some TLC, treat yourself to the multi-award-winning Radiance Face Oil. Hooked on the Super Moisturising Hand Cream? You'll also love the Rose Otto body collection, which will hydrate and protect your skin from top to toe.

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VAGABOND

SHOEMAKERS

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THE SWEETEST THINGS...

Literally. One of our fave London shoe designers, Camilla Elphick, has collaborated with Pez – yes, Pez of retro sweet-dispensing fame - to produce a limited-edition collection of five different delectable styles. Pretty and playful – just be sure to keep out of the reach of little hands!



Statement heel or actual artwork - can you tell which is which?

JET, SET, GO Not content with his global bag takeover, Michael Kors has revealed his capsule shoe collection, Jet Set 6, with all style needs covered, from ankle boots to perfect party platforms. Prices start from £130.



THE ITALIAN HEEL HEIST

They're sexy, they're impeccably made - say hello to our favourite molto fabuloso new shoe stars



WHO Aquazzura

WHAT Started by Edgardo Osorio, a Colombian living in Florence, the label's elegant designs are loved by fashionistas. This month sees its first UK store opening, in Albemarle Street, London, and a new bridal collection. WEAR The 'Estelle' ankle-tie heels (above). We're a sucker for 'em.



WHO Susana Traça

WHAT The Angolan native, now based in Milan, is an ex-model who mixes touches of her African heritage with cool, sporty shapes for shoes that are on the wild side - in a good way.

WEAR Glitter trainers with an Air Max-esque bubble in the sole – why not?



WHO Paula Cademartori

WHAT Her bright bags have been spotted on street-style stars, including Anna Dello Russo, so hurrah for the launch of Milan-based Cademartori's first shoe collection. It's fringing, leg ties and block colours galore. WEAR These 'Crazy Stripes' sandals: definitely not for wallflowers.

• All the news 111 S10 CS

We've got six hot-to-trot trend stories to help you step things up a notch



Luke Leitch gives us the straight-man verdict on the craziest footwear AW15 has to offer



Lady low-block 'Miuccia Prada is a chef who combines ingredients that sound foul (ugly colours and clumpiness) in delicious harmony.



Mega brothel 'Kick-ass boots that would make great off-duty, touch-ofgoth wear.

Goat-hair loafers 'It looks like you're wearing someone's wig (or a well-groomed terrier) on your feet, but it should prove street-style gold.

WHAT'S YOUR NUMBER? See how celebrity shoes collections stack up









VIRGINIA NORRIS, 37

Co-founder and director of PR agency Aisle 8 THE SHOES Chunky-sole flatforms, £370, Robert Clergerie

VIRGINIA'S CHALLENGE?

To make clumpy flatforms work with sleek tailoring and dresses alike. 'I thought it would be difficult to wear the same shoes over and over again, but it was actually quite nice to have the choice taken away,' says Virginia, whose packed schedule can take her from a crack-of-dawn breakfast meeting to a late-night launch party. 'I have decision fatigue (apparently, Obama does, too). I've always got so many other things to think about, I haven't got time to keep changing shoes, or carry an overflow bag of options. Every morning I walk to our office in east London with my dog, Doogie, and I'm on my feet a lot during the day, so comfort and quality are both important to me. I love designer flats - Miu Miu and Alexander Wang are my go-to brands - paired with girlier skirts and dresses.' >

Style 11ens Take one pair of statement shoes

and make them work with four looks. Yup, it's boot camp, *Marie Claire* style: here's how our three fashionistas fared





T-SHIRT AND PREEN SATIN SKIRT

This week I've picked a few shorter skirts and more feminine silhouettes than I usually wear, to offset the chunkiness of the shoes.'

2. RAG & BONE SILK **PYJAMA SHIRTAND** VALENTINO CULOTTES

I thought this would be the outfit I liked the least with these flatforms, but the proportions really work.'

3. ALEXA CHUNG FOR AG DRESS

'This denim shirt-dress is a staple workwear piece, and it goes with most shoes. Even with flats, you can't guarantee comfort - I've had my feet torn up by sliders before. How could that go so wrong?'

4. ATTERLEY DUSTER **COAT AND DRESS**

`What I choose to wear oftendepends on the client I'm working with that day. I once turned up to a more corporate meeting in a pair of Céline trainers and the marketing director asked if I was wearing my slippers!'

199



The 1: Editor

KATE STEPHENS, 35

Marie Claire's digital editorial director THE SHOES Futuristic strappy sandals, £845, Paula Cademartori

OUR RESIDENT HEELADDICT

loves a classic stiletto, but how did she fare with a metallic Cademartori 'artwork' - ankle cuffs and all? 'When I was given these shoes I wasn't sure, but by the end of the challenge I didn't want to hand them back,' says Kate. 'While my office environment is creative, I do go to a lot of meetings that are more corporate, and in those situations I find that good heels really help me to feel confident and authoritative. My look is quite classic, and I actually found the silver quite easy to style. It's basically one step on from a neutral colour, so these shoes clicked nicely with what's in my wardrobe.'









1. WHISTLES TOP AND SKIRT

These shoes have got just the right amount of things going on. If my style was any jazzier, they might get lost in the mix.'

2. HERMIONE DE PAULA DRESS

'I changed into this for an awards event after work. I've

learned that you have to wear these shoes with conviction – if I didn't fully embrace them, I think I'd feel silly.'

3. ZARA SUIT

One of my go-to suits for big meetings. The silver works nicely with the white, and I like that a slightly crazy shoe shows my personality: "take me seriously, but remember I'm fun, too!""

4. H&M SHIRT AND ZARA JEANS

'A standard Friday look. The shoes give it a boost, so I could go out after work. I love heels, but I walk to and from the office in flats – I was ruining too many pairs (and my feet).'













LISE GRENDENE, 29

Lifestyle blogger at lisegrendene.com.br THE SHOES Super-high stiletto mules, £695, Christian Louboutin

A BRAZILIAN IN WEST LONDON,

Lise's polished but colourful style has earned her thousands of Insta-followers. But surely even she can't make mules look good for four days in a row? 'I'd been flirting with the idea of mules for a while, but I'd never been brave enough to try them,' Lise says, postassignment. 'These ones look so cool as objects, but with such high heels, just walking in them and styling them every day was a challenge. I usually work from home, so I've got away with them, but I must admit that I couldn't go dancing in these heels. Taxi please!'



I don't think about how many Instagram likes a pair of shoes will get before I buy them. I am always planning my next outfits, though – usually as I fall asleep.'

2. STELLA McCARTNEY JUMPSUIT

I first wore this jumpsuit during Paris Couture Week in July, and it's since become one of my favourite outfits for evening events. Because it's tailored and ankle length, it allows the shoes to be a standout feature.'

3. REFORMATION SWEATER AND TOPSHOP CULOTTES

'I have these culottes in black and white – they're a key piece in my work wardrobe for smart day events, such as fashion shows or launches.'

4. KENZO JACKET, OPENING CEREMONY SHIRT AND TOPSHOP JEANS

The only time I style an outfit from the shoes up is when I have a new pair – then all my attention goes to my feet. I wore this ensemble for a business lunch.'

COMPILED BY CAROLINE LEAPER, PHOTOGRAPHS BY PHILL TAYLOR, STYLED BY LUCIA DEBIEUX, AND CAROLINE LEAPER. HAIR & MAKE UP BY TERRI CAPON USING BALMAIN PARIS HAIR PRODUCTS AND GIVENCHY COSMETICS.

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OFFICE IS STEPPING INTO AUTUMN

with a huge range of must-have looks - and you can save 25 per cent when you refresh your AW15 shoe collection.

Rebellious styling sets the mood: wear a chunky flat with tailored, ankle-grazing trousers for a smart, masculine look. Or add edge to a classic navy ensemble with a pair of fabulous leopard-print heels. Alternatively, go for a Gothic vibe with romantic styles in timeless black and cool grey tones, plus lace detailing and metallic touches for extra attitude.

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Shoes

GREAT LENGTHS

When rocking your knee boots this season, we say ditch the tights. Brave a bare leg if you can to make your boots the standout feature of your outfit. If the cold gets the better of you, these look super-chic with a midi skirt.





From super strappy lace-ups to thigh-high boots, there's a lot going on in the shoe-niverse right now



COLOUR POP **COURTS**

Because brights are the new black. Reinvent your classic court with a bold block colour and step into winter in style.





'I'm keeping these under my desk to bring my white shirt and cropped jeans to life. Blue is a key accessories colour for AW15.'
Tanya Phillipson,

executive fashion director

marieclaire.co.uk



HIGH SHINE

From cool copper to pretty pewter, molten metallics are taking over our footwear wardrobe. But forget *Great Gatsby* glamour, use them to add a cool spin to your daywear.

















PIMPED-UP BROGUE

This shoe staple has had an AW15 revamp. Think tassels and glitter to give your everyday look a bit of oomph. Wear with an ankle-grazing trouser, so they're the main attraction.



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HERO HEELS

It seems all eyes are on the heel right now. If you're planning a shoe splurge, make sure they're anything but ordinary.









BLOCK STARS

These boots are the power choice if you want to look stylish and stay comfy. Add a cropped flare and military jacket.













£395, Sophia Webster

MONO MAYHEM

Monochrome is having a major revival. Graphic op art is in full swing, with everything from stripes to chevrons getting the thumbs up from us.









WELLHELLO, MARYJANE

Ladylike is a huge trend for AW15, and what better way to embrace it than with a Mary Jane? Team with a midi skirt or A-line dress to nail the Swinging Sixties look.







DOUBLE-WEAR CELEBS

We all have that 'wear with everything' pair. Here's how the coolest girls in fashion style theirs...





ALL LACED UP

Prepare to take the lace-up trend sky high in towering stilettos. Perfect for desk to drinks, these go with just about anything.



COMPILED BY HANNAH LEWIS, PHOTOGRAPHS BY REX FEATURES, IMAXTREE. JASON LLOYD-EVANS, STILL LIFES BY NOHALIDEDIGITAL COM

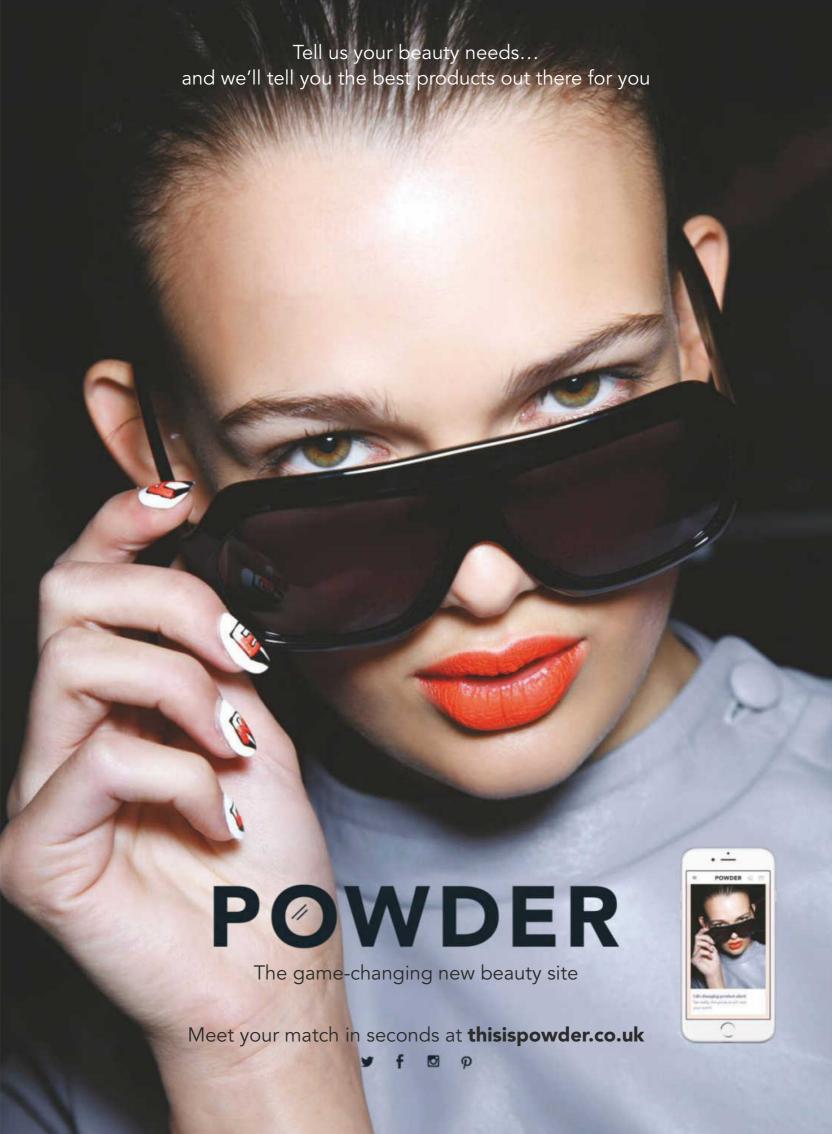
EXCLUSIVE Shoe shopping evening at Harvey Nichols

Marie Claire has teamed up with London's leading department store to offer you a 20% discount on AW15's hottest new footwear

ATTENTION ALL SHOE ADDICTS!

Marie Claire is inviting readers to an exclusive shopping event at Harvey Nichols in Knightsbridge. The muchloved fashion emporium prides itself on its carefully curated selection of luxury footwear; whether you have a penchant for sky-high stilettos or cool sneakers, it has some seriously stylish options. Enjoy cocktails and canapés while perusing the latest contemporary designs from the collections of Giuseppe Zanotti, Charlotte Olympia and Saint Laurent, to name just a few. The Marie Claire fashion team will also host a trend presentation to talk

you through the latest rising brands and new styles for this season. What's more, guests will be offered luxurious Nails Inc pedicures, and you'll also take home a gorgeous goodie bag. See you there! WHEN 4 November 2015 WHERE First floor, Harvey Nichols 109 - 125 Knightsbridge London SW1X 7RJ TIME 6.30 - 8.30PM TICKETS £20 **BOOK** Secure your place now at marieclaire.co.uk/shoesfirstevent HARVEY NICHOLS





Win these Charlotte Olympia 'Velvet Kitty' flats, worth £395, from Harvey Nichols



CHECK BACK FOR A NEW PRIZE

Bag the season's must-have boots from Aldo, worth £100



Three pairs of shoes, together worth £500, from Ash Footwear are up for grabs



Spend £500 on shoes at Theoutnet.com



Enjoy £500 to spend on shoes at Jigsaw



Win two pairs of shoes from Kat Maconie, together worth £500



Pick up these 'Laxo' croc platforms from Whistles, worth £175



Walk away with two pairs of shoes from Kate Spade New York, together worth £500



Bag a pair of shoes from La Paire's AW15 collection, worth over £150



Four pairs of shoes from Vince Camuto, together worth £500, could be yours

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Win a pair of shoes from Lucy Choi London, worth over £150







Spend £500 on shoes at LK Bennett



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Spend £500 on shoes at Reiss

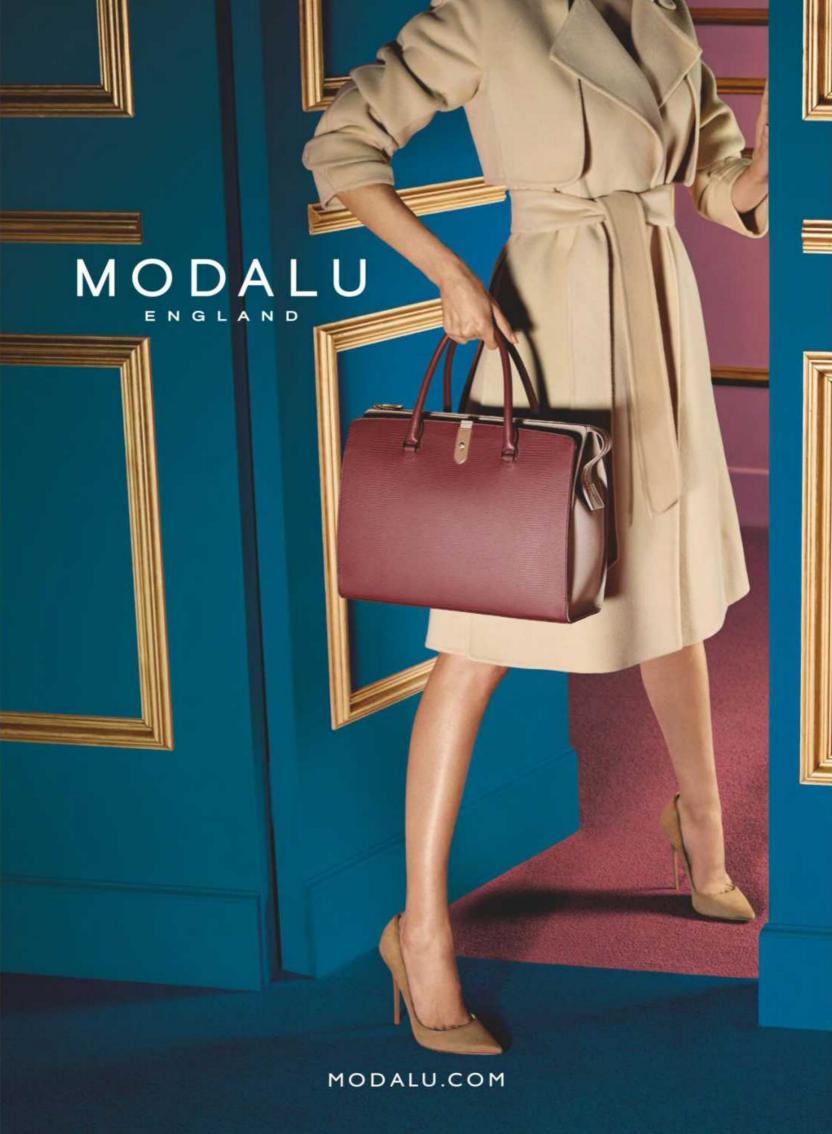


Bag £500 to spend in store at Dune London



These 'Chrome Pebble' shoes from Rupert Sanderson, worth over £490, could be yours

Visit comps.marieclaire.co.uk/prizesdraws to enter



SIn her SIOES

We all love a heel (and a brogue, and a Mary Jane...), but have you ever wondered what it's like to shop for shoes for a living? From discovering hot, new trainers to serious spreadsheet skills, Matchesfashion.com's shoes and bags buyer Cassie Smart tells all...

ACTING ON INSTINCT IS REALLY IMPORTANT When I see a shee

IMPORTANT. When I see a shoe, I'm not thinking about numbers – I'm thinking, 'Wow, that's amazing.' The calculations come later. If I fall in love with something, and both my boss and Ruth Chapman [Matchesfashion.com's co-founder and co-CEO] do too, then we're pretty sure customers will.

WE'RE KNOWN FOR PROVIDING A CONSTANT STREAM OF EXCITING

NEW LABELS. Therefore, lots of my time is spent finding up-and-coming designers. It's great when I secure someone new and then see the product fly. I met Mary Alice Malone of Malone Souliers a few seasons ago and we've seen her go from strength to strength, which is lovely.

I DON'T HAVE A MATHS DEGREE

-working with figures is a skill I've learnt on the job. I did fashion studies at the Arts University Bournemouth, and our team has a real cross-section of backgrounds – from fine art to photography. As a buyer, the most important thing is to have a good creative mind, but you also need to be analytical. We are given a total budget, which we decide how to spend. Being in charge of that was daunting at first, but I haven't had a panic moment so far.

OBVIOUSLY, A HUGE PERK IS CONSTANT SHOE EXPOSURE. I'm

a big fan of Tabitha Simmons – you can wear her styles season after season. The best investment I've ever made? My Chrissie Morris wedges and Malone Souliers Sheila tri-colour mules, but it's hard to choose...

WANT CASSIE TO MENTOR YOU? Tell us (in 300 words) how a session with Cassie Smart would benefit you and email marieclaireideas@timeinc.com by 30 September. You'll also get the chance to attend a Matchesfashion.com private shopping event.





MALONE SOULIERS

'Sexy, colourful
and playful.'
Shoes, £425



FRANCESCO RUSSO

'His feminine silhouettes are grown up and refined.' Boots,£572



OLGANA PARIS
'The quirky Black
Tie collection is
perfect for parties.'
Shoes, £575

CASSIE'S AW15 HEEL HITS



Tabitha Simmons sandals

BLOCK-HEEL BOOTS

The new lower heel heights look great with both wide-leg and cropped trousers.



PLATFORM HEELS

'This style goes well with AW15's 70s trend, and these are super special.'



OVER-THE-KNEE BOOTS

'In different shapes and heel heights – we love Burberry's patchwork pair.'



MARY JANES

'A modern move on from a single-sole pump, these are the new statement heel.'

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Fashion girls shoe problems



Even fashion editors have style dilemmas. This month, *Grace Smitham* ponders: how do I wear a knee-high boot?



Grace Smitham Senior fashion assistant

FOR THE PAST FEW SEASONS

we've been playing it safe with ankle boots, but with the 70s trend still on high alert – and boots of every kind all over the AW15 catwalks – it's time to say hello to the knee high. To get this look right, keep it chic and classic. It can be dressed up or down, depending on colour, texture and heel height. It's time to get well booted.

STYLEIT

W ANDERSON

For the office, wear long boots with a pencil skirt and a classic shirt. And for the weekend, opt for a dress - go knee length or midi. Or try a miniskirt - keep your top covered and team with an over-the-knee boot to look cool but sassy. If you are going to invest in one pair this winter, make it classic black. Feeling adventurous? Snap up the fash pack's fave: coloured suede with a block heel.



BOOT CAMP

If you want to make them last longer, give your boots some TLC. Melanie Frame, head of design at Office, says, 'Maintain their shape with boot trees, or store them flat in their original boxes. Also, just like you hydrate your skin to combat the cold, you need to moisturise the leather to preserve the shine.' We promise we will.



1. Boots, £325, LK Bennett 2. Boots, £125, Office 3. Skirt, £315, Theory 4. Shirt, £35, Next 5. Dress, £365, Sea NY 6. Dress, £180, Reiss 7. Boots, £185, & Other Stories





PROMOTION



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You've sorted your transitional wardrobe, but what about your beauty arsenal? Moving into autumn plays havoc with our complexions: cold snaps and central heating can suck radiance out of even the best-behaved skin. But Amie (amieskincare.com) – the go-to brand for affordable, natural plant-based formulas, such as its Morning Clear

Purifying Facial Wash – can help you get your glow back, so you can enjoy beautifully clear skin throughout the changing seasons. Hello, AW15!













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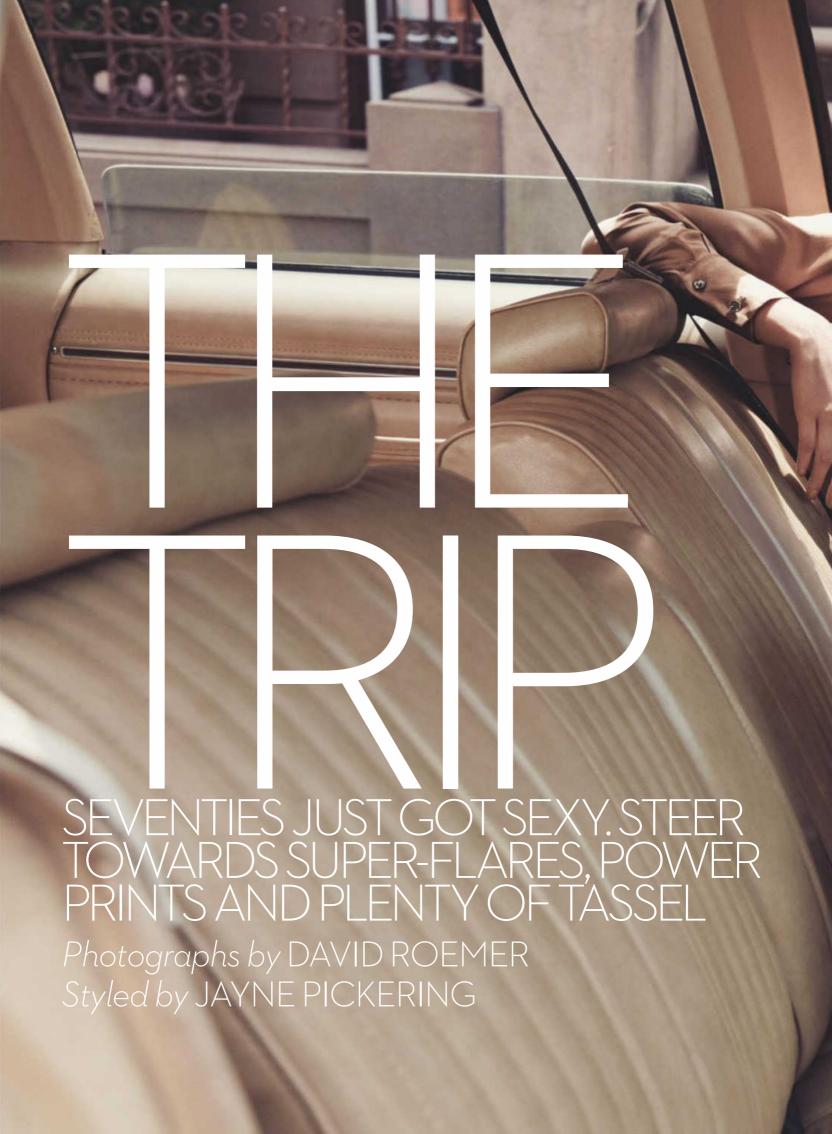
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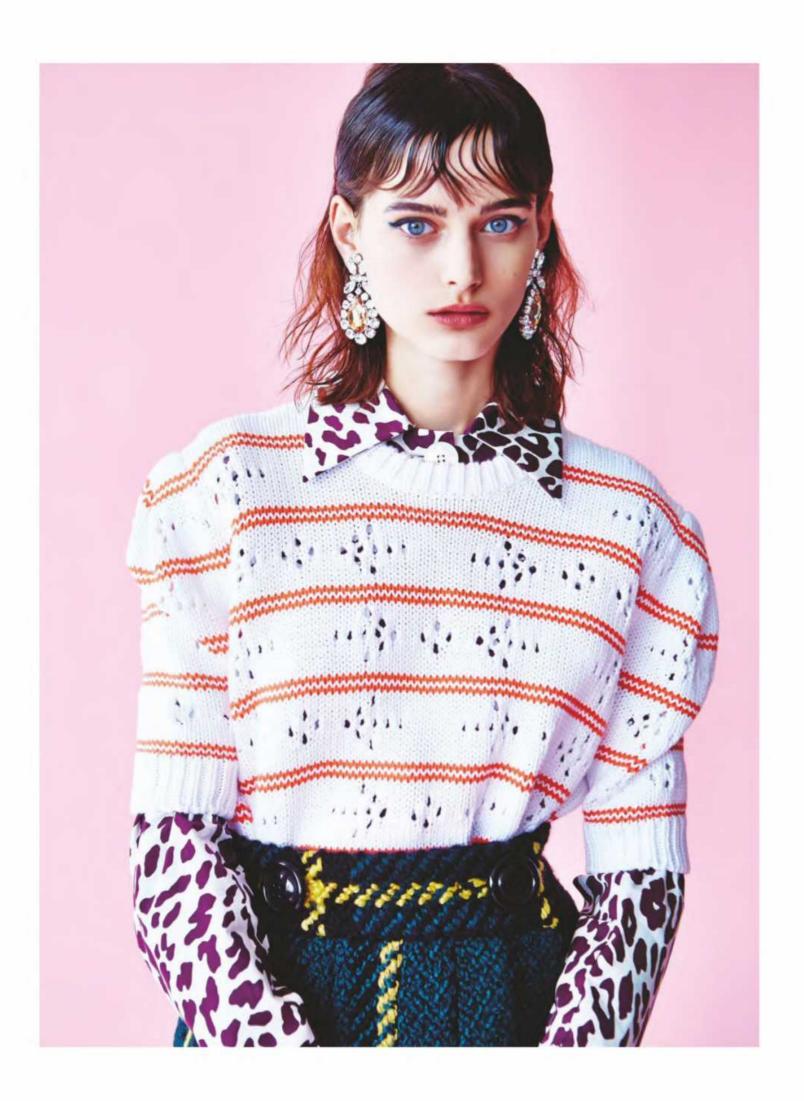














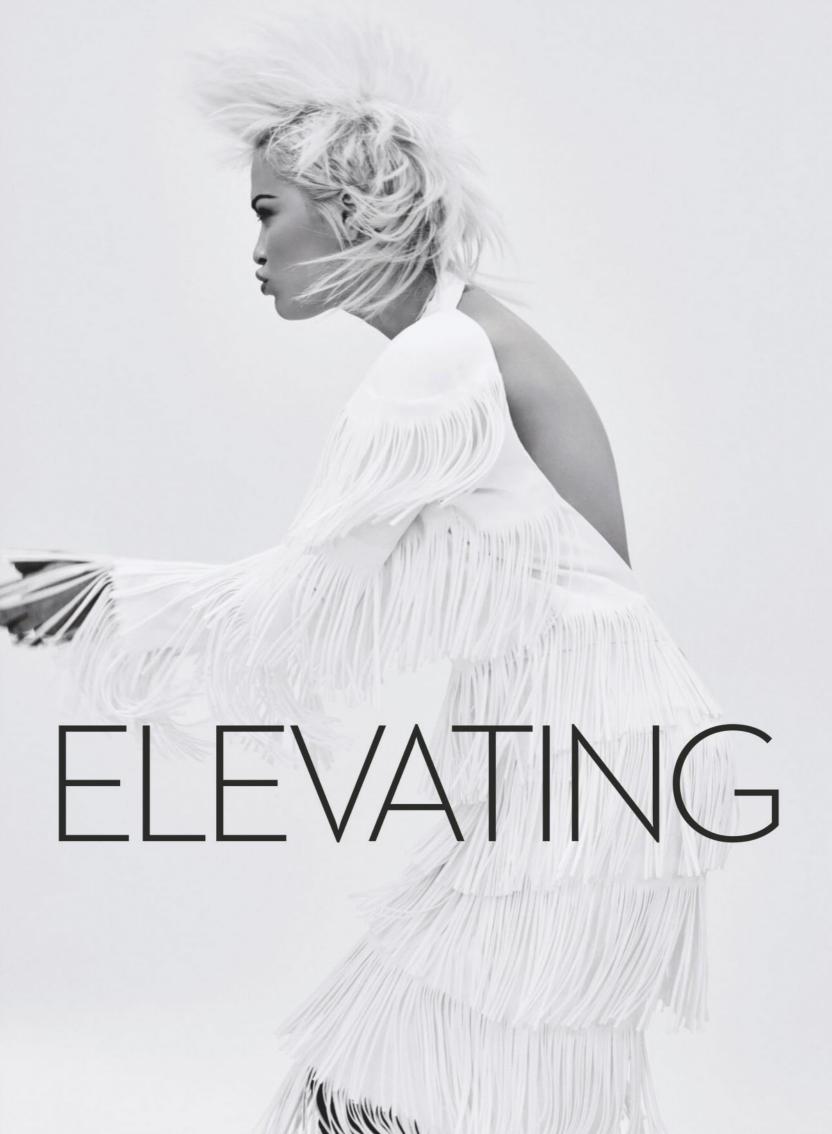














Pitch-perfect vocals, a sassy signature style and the hottest job on TV: all-round badass **RITA ORA** is storming ahead, professionally. But what of life outside the limelight? Here, she talks the women who inspire her, meeting Prince, and the dangers of mixing business with pleasure...

Photographs by BEAU GREALY Styling by CATHERINE NEWELL-HANSON Words by KARLTARO GREENFELD

RITA ORA HAS A PLAN. THE FASHION (ROBERTO CAVALLI) AND BEAUTY

(Rimmel London) endorsements, clothing line with Adidas Originals, campaign with Coca-Cola, performing a song (*Grateful*) at the Oscars, and appearing as a judge on this year's *X Factor*, are all testimony that the plan is working. 'Oh, it is in full effect. We're these conniving Kosovan hungry bitches,' Ora (born Sahatçiu) says of herself and her older sister, Elena Sahatçiu, who is also her manager. 'I knew I was going to do things my way.'

The London-based 24-year-old insists the plan is a secret, but that it has been nearly ten years in the making. There was admission to the Sylvia Young Theatre School in Marylebone by improvising an 'uncomfortably sexual' dance to Britney Spears' *I'm A Slave 4 U* as an 11-year-old (before realising she hated musical theatre while attending school for musical theatre). There was singing torch songs by Janis Joplin, Carole King and Destiny's Child in her father's pub, the Queens Arms, when she was 14. There was recording her first song at the local youth centre on a council estate in Ladbroke Grove. There was sneaking out to warehouse raves in east London, playing the house diva behind the turntables while her parents thought she was at a sleepover. 'I would rip my T-shirts and be really punk and not clean. And I would have blonde hair, really dark eyebrows, red lipstick and lots of fake rings that made my fingers go green. I wouldn't be smelling that great, 'Ora says. 'I feel like I lived a lot when I shouldn't have.' She found her voice in those clubs and at her dad's pub, the soulful alto, the easy glissando that makes Auto-Tuning superfluous.

She and her sister shared a room with a single bed on each side, and Debbie Harry, Stevie Nicks and Winona Ryder posters on the wall. Ora used to cut out photos – models Kate Moss and Linda Evangelista, or outfits she liked – from magazines. 'When I saw things that made me feel good, I would put up a picture, and all these women would make me want to go out and be original, be myself, be different, be a misfit.'

Because she couldn't afford the high fashion taped to her walls, she would buy vintage pieces from Portobello Road and have her mother sew them according to Ora's sketches. 'People would be like, "Where did you get that?" It made me feel good because I made it on my own.'The sisters get their looks from their mother, Vera Sahatçiu, who has told her daughters, 'I was hotter than both of you put together,' back when she was 'the first woman in Albania to wear red lipstick and hair gel'. And that was enough, apparently, to lure their Muslim father, Besnik (Vera is Catholic). The two fled conflict-torn Kosovo in 1991, when Ora was just a year old, and settled in London. Her father, who had studied economics, opened his pub – he's not a devout Muslim – and her mother became a psychiatrist. She had Ora's younger brother, Don, in 1998.

'I remember when my granddaddy died, I was like 13,' says Ora. 'My dad was in the living room and he had put on Rod Stewart, *Every Picture Tells A Story*, really loud, and I was like, "Dad, what's this song?" And he was like, "Get out". He was so upset, but the music was consoling him. Music has that power. It was there for him. It will be there, too, for me.'

Whatever her plan is, it now includes acting, and she is being strategic about taking small, high-profile roles in buzzy films. She appeared as a race starter in 2013's Fast & Furious 6 and played Christian Grey's (Jamie Dornan) sister, Mia, in Fifty Shades Of Grey this year. (Her character's role will expand in the next two Fifty Shades movies.) 'I'm not an egotistical person. I don't care what role it is,' Ora says. 'I just want to learn and get in the environment. That's opened doors to me doing a soundtrack. For example, I've got a song on [Fox/E4 hit show] Empire.' In this summer's Southpaw, she played a drug addict who attempts to seduce a boxer played by Jake Gyllenhaal. 'I arrived on the set, and the make-up artist said, "You're kind of ready to go on stage," Ora recalls. 'I'm like, "You know I'm playing a crack whore?" Which shows: don't look at me when I'm waking up.'

Joking aside, her beauty is produced as much by her force of personality as the symmetry of her features. In her manic energy, eagerness to laugh and self-deprecating comments, she is a fashion icon who manages to be both eminently approachable and diva-like in her demeanour. She's stolen red-carpet events, like the 2015 Oscars (in Marchesa) and Grammys (in Prada), and been the featured singer on hit singles such as Iggy Azalea's Black Widow. 'We took samurai lessons for the video, and Rita got so into it, I think she actually started thinking she was a samurai warrioress,' says Azalea. 'Basically, Rita is feisty awesome to work with!' Ora also guested on Charli XCX's Doing It, but despite three number-one singles in the UK, her debut album was never released Stateside. 'People [in the US] who haven't really done their research properly assume she's just "famous",' says Charli XCX. 'But Rita is so talented. I can't wait for the whole world to see that.'

'I'm afraid of being alone. I'm not embarrassed to admit that. I just hope it's not a never-ending cycle. Sometimes, love just makes you feel crazy'

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HAIR BY CHRIS APPLETON FOR ORIBE. MAKE-UP BY KATHY JEUNG AT FORWARD ARTISTS. NAILS BY ASHLIE JOHNSON FOR CHANEL LE VERNIS AT THE WALL GROUP. SET DESIGN BY JAMES DEAN STUDIO AT WALTER SCHUPFER MANAGEMENT

'There's a reason why I'm at this point in my life where I feel like I have so much musical freedom, and I don't have to explain myself to anybody' (She's also a fun co-conspirator, Charli XCX adds: 'We crashed an 18-year-old's house party in Chicago and took over the kitchen playing grime music.')

Her 2012 debut *Ora* and her stint as a judge on *The Voice* made her a household name here in the UK (with her fans dubbed Ritabots), but it will be her second album, set to be released in October, that will catapult her on the other side of the pond. What has derailed that plan so far is just how long the album is taking. Since she was signed to Jay Z's Roc Nation at 18, moved to Brooklyn and began recording, the plan was always to put music first, but in the ensuing six years, it seems that everything else has got in the way, including high-profile boyfriends such as Bruno Mars, Rob Kardashian, Calvin Harris and Ricky Hilfiger, Tommy Hilfiger's son. 'I'm afraid of being alone,' Ora says. 'I'm not embarrassed to admit that. I just hope it's not a never-ending cycle. Sometimes, love just makes you feel crazy. And that feeling that we have as girls, just to have that feeling, even for five seconds, it's like crack. I mean, don't compare it to that, but you know what I mean. It's like comfort eating.'

She dismisses the attention her romances generate. 'If I weren't famous, and I went out with the same number of guys that you know of, no one would give a shit and I would be at uni, living life. I guess... I've always just picked people who are known. But you can't help who you like. Madonna's past – does anyone care to this day? No. She's my idol.'

It was the highly publicised break-up with producer and DJ Harris last year that both stalled her second album and, she believes, allowed her to refocus on her music.

I Will Never Let You Down, released in March 2014, was initially set to be the first single from her second album. With its catchy hook and Ora's most virtuosic vocal performance yet, it looked like it was going to be big, until Harris, producer and writer of the song, refused to allow her to perform it at America's Teen Choice Awards, according to Ora. 'I did that with Calvin, and then we split, and it was hard for me to promote something because it kept getting blocked.'

She's become more philosophical about the break-up, both creative and romantic. 'There was a reason why I split up with him. And there was a reason why I'm at this point in my life where I feel like I have so much musical freedom, and I don't have to explain myself to anybody.' Working with the Grammy Award-winning Harris had made Ora a little passive in terms of the musical direction she was taking. 'It was more of a thing where I was in awe. I was at that point in my relationship where I felt he could do no wrong. I thought he had my back and that he'd never steer me wrong. But then *I Will Never Let You Down* came out, and everything started to go a bit weird. I don't know if it was because business was mixed with personal or what.'

It was 'a musical wake-up call... Now I'm using music for that comfort feeling. Like, instead of relying on boys and men, I'm putting all that into storytelling and my songwriting.' The album's first single, *Poison*, leaked in May, was a synth-heavy pop track, but she's also tapping into house music and folk music, embracing a wide range of influences. 'How the hell do you expect to put these on one album?' Elena has asked her.

'I started having heated debates with the label,' Ora admits. Among the battles: persuading the label to include songs written by Ed Sheeran or that she's recorded with Prince on the new album. 'He came to London about a year ago and his manager contacted my management, and he said, "Hey, Prince is in town." I was like, "What prince? Like the Royal family prince? I wouldn't care about that prince. I care more about actual Prince Prince." And he was like, "Actual Prince". I said, "Oh, my God!" The two hit it off ('one of the nicest guys I've ever met in my entire life'), played ping-pong (Prince is good at ping-pong), and recorded three songs. In the end, she says, 'I had to get back in tune with my instincts, which is what got me into this industry in the first place.'

The whole plan, from when she first entered the music industry, Ora gradually divulges, was to become famous, and then use that fame to release the music that she really cares about. 'Don't get me wrong – I love pop music. I've loved every song I've released,' she says. But she's only now finding her voice, and this album will be when we finally meet the real Rita. 'I've had to have a lot of patience. Because there have been times at night where I want to pull my hair out and just put my music out for free on the internet and just say fuck everybody. But then I have this conscience saying no, be smart, be strategic. There are ways of doing things and still getting your way. If I'm going to do Rita Ora, it's going to be Rita fucking Ora. It's not about who is on my album or who's featured, or the names. It's about a solid body of work that I can call my own.'





QUEEN. of everything

She's played a young Princess Elizabeth, trained as a ballerina and is now the face of Giorgio Armani Beauty. Curtsy please for Canadian actress Sarah Gadon

Photographs by JASON HETHERINGTON Styling by LISA OXENHAM Words by MARTHA HAYES

IT IS A TRUTH UNIVERSALLY ACKNOWLEDGED THAT WHEN AN

up-and-coming actress lands a coveted international fashion or beauty campaign, they will describe it as being like a 'fairy tale'. Of course they do. Break-out roles + billboards = megastar. Canadian actress Sarah Gadon, personally chosen by Giorgio Armani to be the face of Giorgio Armani Beauty, has a cooler, less clichéd analogy. 'The day I found out, I felt like Dorothy in *The Wizard Of Oz*, going down the yellow brick road,' she says. 'Arriving in Milan, I was like, "Oh my gosh, we're going to meet [the Wizard of] Oz today... so get dressed up real nice!"

She's only half joking. Hailing from Toronto, Gadon admits she's no stranger to extreme-weather outerwear, and recalls the day she met Julian Jarrold, the director of British comedy-drama *A Royal Night Out* (in which she played Queen Elizabeth as a young princess in the war), with a smile. 'I went to London to meet Julian and it was February so I was wearing my Canada Goose jacket, and at one point he was like, "Oh god, you're so Canadian!" I saw this look of sheer terror in his eyes.'

On screen, the 28-year-old is, however, a total chameleon. Something of a muse to controversial Canadian film director David Cronenberg – starring in a trio of his films, A Dangerous Method (2011), Cosmopolis (2012) and Maps To The Stars (2014) – she'll be seen next in psychological thriller The 9th Life Of Louis Drax, alongside Jamie Dornan and Aaron Paul. 'I think balance is important,' she says. 'I love actresses who can really weave between genres. When I saw Meryl Streep in It's Complicated, I just thought that it's fantastic she can star in a romantic comedy at the age of 50.'

A former child TV actress and a trained ballerina, Gadon also has a degree in cinema studies. 'Right out of high school I thought, you know, I might go to LA and try that out, but [my parents] were like, "No you're not! You're going to go to university..." It's a small price to pay; between beauty campaigns and the big screen, it's safe to say we're going to be seeing a *lot* of Sarah Gadon. But, quite possibly, minus the outdoor jacket.



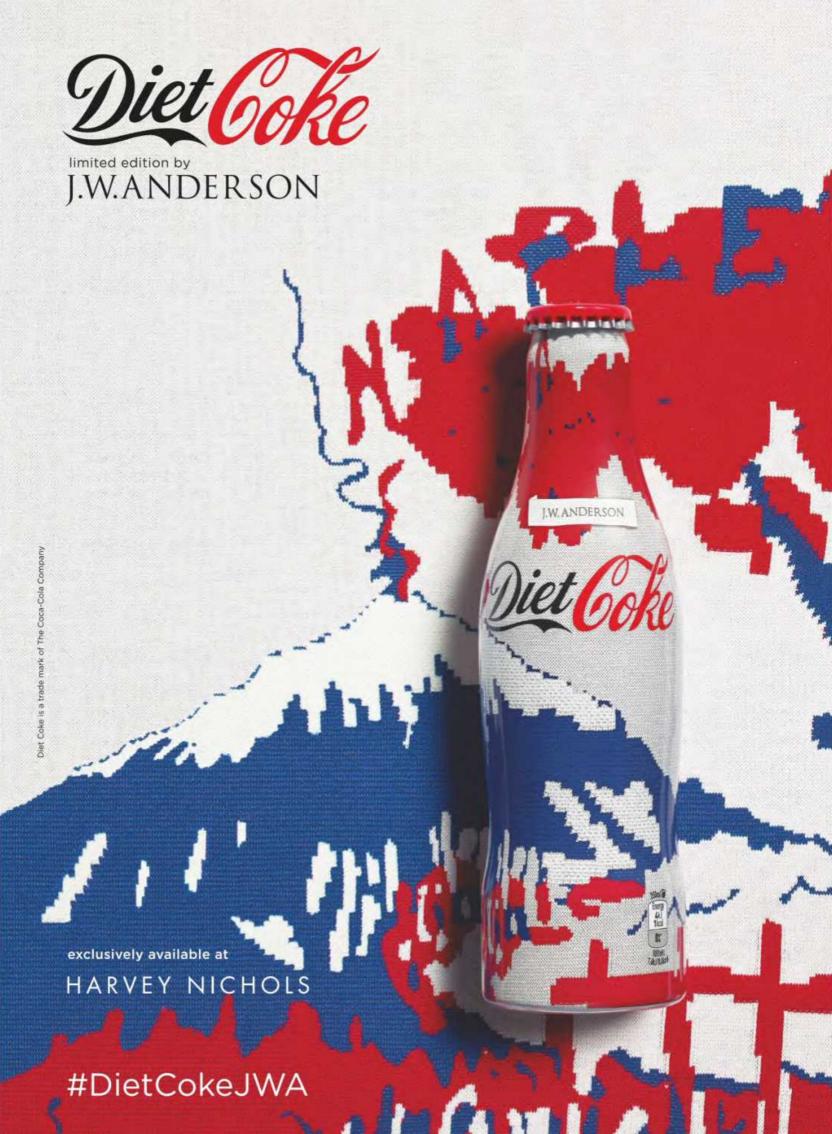




NATURAL BEAUTY 'A modern complexion is smooth skin with no masking of your natural glow underneath,' says Cantello. 'It's about a lighter touch that's less obvious, so instead of using a primer, go for a product with a built-in glow, like Giorgio Armani Crema Nuda [£145], and follow with a radiance-enhancing concealer like Giorgio Armani High Precision Retouch [£26.50].' It's no longer about highlighter emphasising your cheekbones, nose and Cupid's bow. 'Your features should do that for you,' she says.

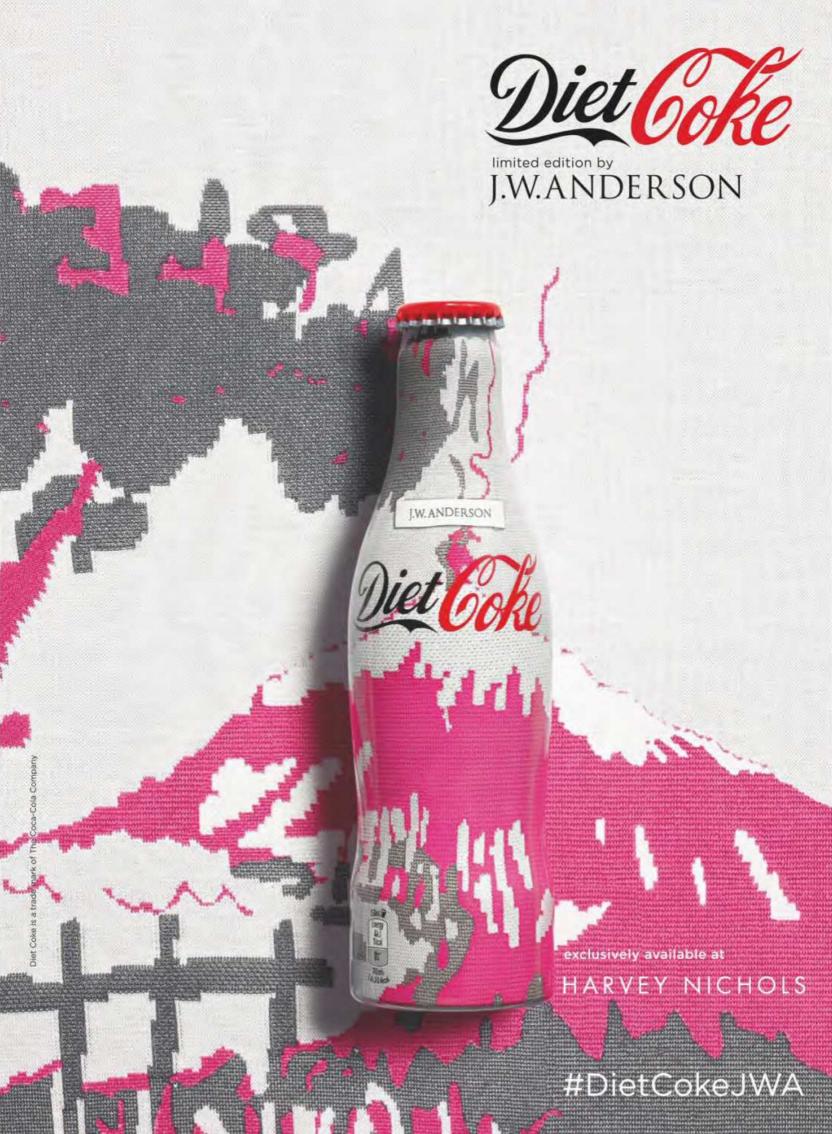








SOFTLY STAINED POUT 'Berry shades are the most flattering lip colours and you can go for any variation on textures – opaque, stain, shine,' says Cantello. She emphasises well-conditioned lips like Sarah's with a deep, opaque colour, such as Giorgio Armani Lip Maestro in 400, £27 (or, alternatively, those with darker skin tones may prefer shade 406, £27). 'Keep eyes natural and soft with a shade like Giorgio Armani Eye Tint's Gold Ashes [£27], as it can look ghoulish if you have dark eyes *and* dark lips; just sweep a veil of shadow close to the lashes.' ■







THE MAKER OF LINGERIE SINCE 1886



InStyle

FREE THIS MONTH

NEAL'S YARD REMEDIES
BODY LOTION
TOGETHER



COLLECT BOTH OUT NOW

'These dry-skin blitzing heroes are perfect for post-sun pampering'

Geranium & Orange BODY LOTION

A moisturising lotion for ALL SKIN TYPES

IM IN THE

269







THIS AUTUMN, JOIN THE FIT REVOLUTION

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Pepperberry **STYLE**

STYLE THAT LOVES YOUR BOOBS

EVERYDAY FABULOUS

Swarovski's street cred has reached dizzying new heights. Here's the low-down

There's nothing like the outfit-lifting power of a rockin' ring, a cool cuff, a gem-drenched necklace or a super-sexy watch is there? All can take your everyday ensemble to a whole new level. Swarovski, the fash pack's go-to for add-ons with a difference, has just dropped a new collection and Marie Claire's executive fashion director Tanya Philipson road-tested her pick of the bunch in Bloomsbury. Verdict? 'It's a very modern, very on-trend range that proves Swarovski shouldn't just be for special occasions,' she says. 'The finer pieces are perfect for coffee with friends and the standout necklaces will make a plain sweatshirt office appropriate.' Here, Tanya shows how to get #styledupdaily with three fab looks that turn ordinary outfits into something special.





ring, **£249**, both Swarovski



'Diana' bracelet, £99, Swarovski

PROMOTION



up the full collection.



One. With the power of Two.

Double Serum

Powered by 20 powerful anti-ageing plant extracts, Double Serum's innovative, two-phase system targets all aspects of skin ageing in one complete concentrate,

After one week, skin is more radiant**. After 4 weeks, skin looks firmer, wrinkles appear reduced and pores less visible**.

 $93^{\text{0/0}}$ of women trust Double Serum[†].

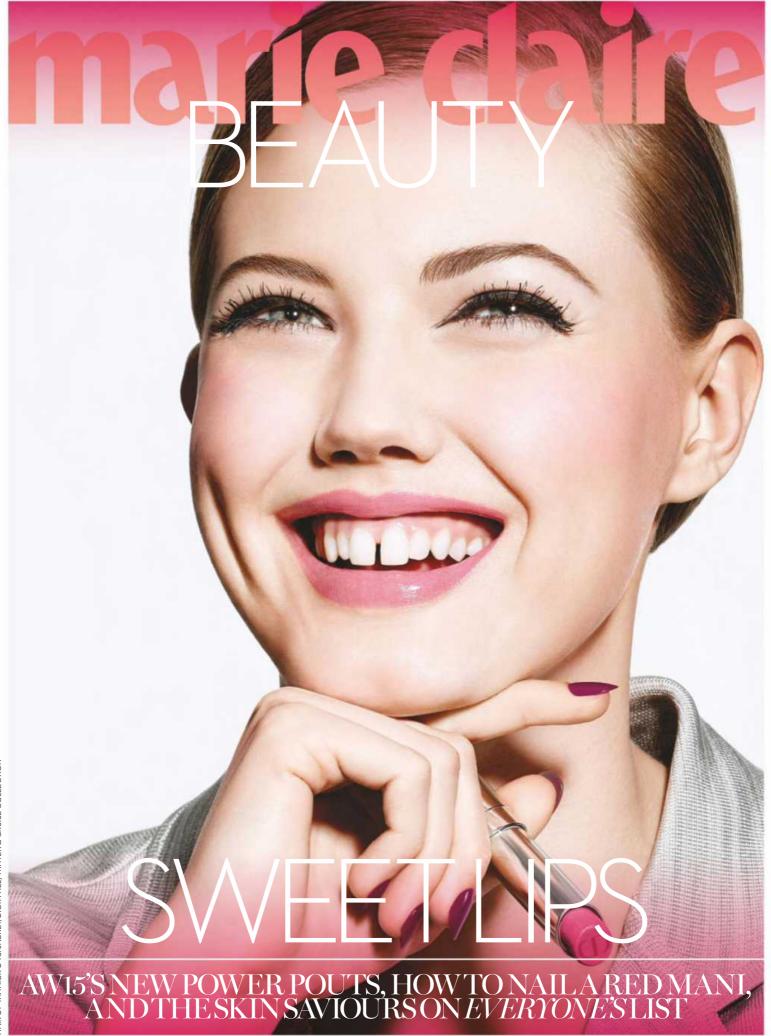
Clarins, No.1 in UK Premium Skin Care'.

The NPD Group Jan-Dec 2014, "Satisfaction test - 194 women, 'Satisfaction test - 194 women, after 7 days.

Official online store: www.clarins.com



CLARINS





NEW-SEASON SCENTS

Oh, autumn - you're neither warm, nor cool; dark nor light. What fragrance are we supposed to wear when you're just so indecisive? These four bottled beauties, that's what...

For day: YSL Beauté Black Opium EDT, £52 for 50ml

With fruity blackcurrant notes and elements of jasmine tea, this scent is elegant, but fresh enough to rock in the office.

For evening: Marc Jacobs Decadence, £69 for 50ml Fusing Italian plum with iris and Bulgarian rose, this complex fragrance epitomises

dark, autumnal evenings.
For the weekend: Shay
& Blue Framboise Noir,
£55 for 100ml

Black raspberry, white oud and black woods combine for an evocative scent reminiscent of a Norwegian forest.

For date night: Givenchy Live Irrésistible, £75 for 75ml

This pineapple-laden perfume dries to form a beautiful aroma that wants to be nibbled (think vamp, not vampire).





BEAUTY NEWS

THE COVER STAR

The thing with concealer is that it masks, rather than fixes, our problem areas. Enter the genius of Bobbi Brown Skin Serum Corrector & Concealer (£28 each). The corrector brightens dark circles and treats with a revitalising serum, while the concealer renders them invisible. If shadows are your bugbear, you need this, now.

Fresh nail colours, a miracle oil and serious eyeshadows. Hello, AW15

COOL NUDES

Neutral shades don't have to mean safe (read: boring). Simply switching up your textures can give your look an edge. Try Bourjois Little Round Pot in Brun de Folie, £7.99, from the nude collection – this grey-brown shadow is shot through with minute specks of silver glitter, making your eyes look bigger and updating your look in a sweep.



We're used to extremes in nail colour, but somewhere in the middle is often best - which is exactly where the new collaboration between Nails Inc and Alice + Olivia finds itself. These four shades (available in a mini set for £25) will get you noticed without being too radical, and they're the most wearable, suit-all colours ever.



WELL

If you're late to the face-oil party, then get involved.
Crème De La Mer The Renewal Oil, £150, not only contains the circulation-boosting Miracle Broth but is also designed to mimic the skin's structure with a precise combination of water and oil. The result is that it sinks in instantly and improves your collagen production.
Convinced? You should be.





PRECIOUS OIL FOR LUXURIOUS SATIN TOUCH FROM BRITAIN'S N°1 HAIRSPRAY"





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nice'n ecsy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. @2015 P&G



ROOT

If you've clocked a few greys, but not enough to warrant a salon session, it might be time to attempt your own paint job. Root Vanish By Kazumi, £30, is a wonder product from Japan that's about to cause a frenzy in Boots stores. The brush-on colour conceals greys with a quick-drying gel packed with nourishing botanicals, and it comes in five shades. Bonus.



HAIRHASH



A cover-up job, perfecting primers and a tutelage on doing the twist...

Redken's global creative director, Guido Palau, shares his tips for updating your up-do, à la an Oscar de la Renta model (below)

1. Hair needs to be super-smooth for a twist. Apply Redken Stay High 18 High Hold Gel To Mousse, £19, to wet hair and blow-dry it away from your face.

2. Run your fingers through your hair, pulling it away from your face, then pull it around at the back of your head into a twist. Apply a little hairspray beforehand to give texture.

3. The trick is to twist your hair, pin it in place

and apply hairspray. Leave it for 20 minutes, take your hair down and put it up again. It will remember the style and stay put for longer.

4. Once you're happy with the shape, give everything a mist of Redken Diamond Oil High Shine Airy Mist, £13, for extra gloss.



IS OFF Once upon a time, straighteners used to zap the shine out of your hair until now. Enter the era of temperature-controlled irons like the GHD Platinum Styler, £165, which uses plates that contain microsensors to ensure an even 185°C from root to tip. This ultra protection means the hair cuticles lie flat, and the more you close those babies down, the more you'll achieve hair that's just as sleek on the ends as it is at the roots.

THE HEAT

PRIME TIME

Priming your hair after washing not only cuts down on drying time (giving us more time in bed), it also protects it. We love TRESemmé Oleo Radiance Bi-Phase Conditioning Mist, £6.99, which makes hair look silkier than silk. If you can't even be bothered to do that, work Bumble and Bumble Don't Blow It, £12, into towel-dried tresses and leave to dry. Featherweight cactus flower conditions frizz

- it's a girl's sleep saviour.



and keeps your skin hydrated for 24 hours.

Recommended by 97% of Women*. Try it, you will too.



www.sanex.co.uk





1. Crème de la Mer The Cleansing Oil, £65 2. Gucci Iconic Black Opulent Mascara, £27 3. Diptyque Vanille Candle, £40 4. Kérastase Initialiste, £40 5. MAC Lipstick in Diva, £15.50 6. Gucci Bamboo EDP, £80 for 75ml



I'm pretty fit, but getting ready for the role of Wonder Woman in Batman

3

MEMEDE LAM

V Superman: Dawn Of Justice was something else. I like to work out around three times a week, but for the movie it was five times a week for four hours! I love all food. I eat pasta and ice cream and I'll eat burgers from time to time. When people deprive themselves of something it makes them want to eat it even more. I don't want to be skinny but I do want to know that I'm only putting quality fuel into my body. I eat a lot of fish and chicken, and I make sure that around 30-40 per cent of our family diet is made of cooked or raw vegetables. I need to set a healthy example for my daughter. I want to know that what she

celery, green apples and ginger basically, we throw in whatever we have.
I always buy myself a candle in Duty
Free. Before I get on a flight I head
straight to the fragrance department.
I like to spend some time smelling
anything that's new. At home, everything

is clean and organised, and I have

feeds her body does her good. We make

smoothies in the morning with parsley,

MY BEAUTY RULES

GAL

GADOT

The former beauty queen and Israeli soldier talks training for *Wonder Woman* and tackling eyeliner

candles lit all the time. Right now, I'm obsessed with vanilla-scented ones.

I like wearing a fragrance that leaves an impression. I love Gucci Bamboo – it's memorable but powerful, delicate and feminine at the same time. It has a lot of different sides to it and I think that appeals to women like me who want to be noticeable, strong and feminine. Women have to be many things at once, and this scent does that for me.

I struggle to do my own eyeliner. I've had so many tips from make-up artists over the years - they tell me to do it this way or do it that way. But I can't get it right - I'm still working on it. I rely on a great team to get me ready for events and appearances. My make-up skills are limited, so if I have to I will mix a little foundation with my lotion so I'm really

not wearing very much base, and then I'll add some bronzer - that's about it.

GUCCI

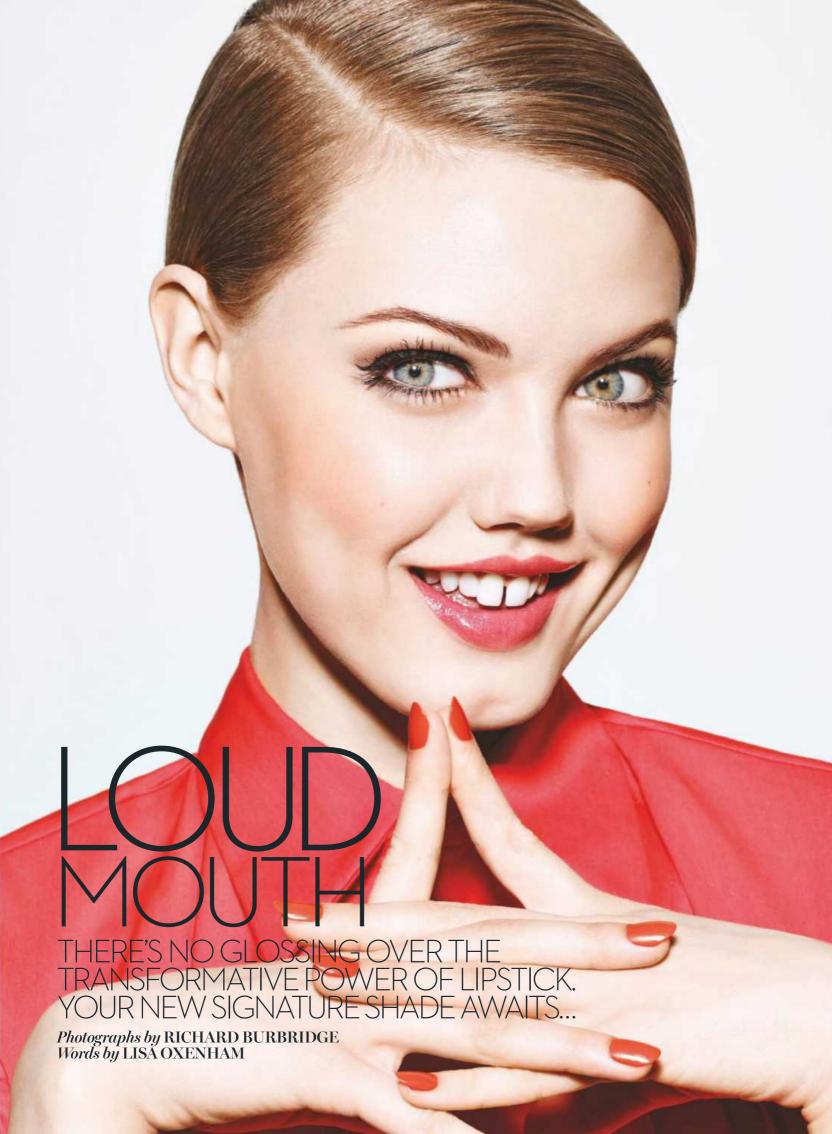
You'd be surprised at how much make-up people wear on the red carpet.

You just can't get away with any less – with high definition TV, everyone can see everything. I loved the way I looked at the Fast & Furious 6 premiere in LA. I wore a grey evening gown and a big chunky necklace [above], and had burgundy lips. I love to wear a strong lip on the red carpet. My favourite is MAC lipstick in Diva, plus lots of Gucci Iconic Black Opulent mascara.

I see my cosmetician Gisele whenever I'm in Israel. She makes up a wonderful facial lotion for me that I take with me everywhere. I use Crème de la Mer The Cleansing Oil as a make-up remover. But I also drink lots of water and it makes a massive difference to my skin.

I think I do too much with my hair.

People say you shouldn't wash it every day but I usually do. I use a Kérastase serum every morning to keep my roots strong. I like to keep it really clean with Dr Fischer shampoos. It's an Israeli brand, very simple and I love the natural scent.





From top: Guerlain Kiss Kiss in Orange Fizz, £26.50; Dior Rouge Dior in Trafalgar, £26.50; Clarins Joli Rouge in Orange Fizz £19.50; Burberry Kisses in Bright Coral, £25



RED ALERT

Red lipstick suits everyone – fact. But the key to application isn't just lining your lips perfectly or blotting and reapplying (although those things definitely help), it's all about context. 'Your skin needs to be flawless, your eyes should be lightly defined and your hair should be simple,' explains Jamie Coombes, international make-up artist for Parfums Christian Dior.

- Pale blondes and redheads can't go wrong with Dior Rouge Dior in Trafalgar. Dior's Rouge Dior lipstick range contains some of the most iconic reds ever created and the formulations are long-lasting and creamy.
- For medium to dark complexions, Guerlain Kiss Kiss in Orange Fizz or Clarins Joli Rouge in Orange Fizz, £19.50 are best.
 - If the thought of red lipstick terrifies you, try Burberry Kisses Bright Coral, which really does suit all skin tones.
- Always use a lipliner, such as Dior Universal Contour, £19. It's invisible, so easy to apply, and stops any colour from feathering out.

Beauty

From top: Dior Addict Lipstick in Fashion Night, £26.50; MAC Lipstick in Men Love Mystery, £15.50; Lipstick Queen Silver Screen in Stellal, £35; Clinique Pop Lip Colour and Primer in Grape Pop, £16



PURPLE HAZE

The fastest route to a vampish look is to add bold, purple lipstick to whatever you're wearing. 'It needn't be too goth,' says Coombes. 'Go for lilac, lavender or mauve – in fact, the brighter the better for a more fashion-forward look.'

- Make-up should be good to your skin. Look for lipsticks that contain hyaluronic acid, which moisturises and plumps up those pesky fine lines, such as Dior Addict Lipstick in Fashion Night.
- Lipstick Queen Silver Screen in Stella! and MAC Lipstick in Men Love Mystery tick the bold box. Pair them with a nude eye for maximum impact and wear with a white tee to up your rocker ante.
- Clinique's Pop Lip Colour and Primer in Grape Pop gives the effect of having just eaten a pomegranate, so it's perfect for anyone who finds bold shades tricky to carry off.







There's strength in a pink lipstick. 'It makes your face look full of life and is both contemporary and easy to wear,' says Coombes, who suggests using your eye colour as a guide.

- 'Blue-eyed girls suit pink with icy blue undertones,' he says. Go for Smashbox Be Legendary Lipstick in Magenta Matte. 'Women with brown eyes suit fuchsia pinks,' he continues. Try Nars Audacious Lipstick in Michiyo, which also works well with green eyes.
- If you're a lipgloss fan, pink is perfect. Try Maybelline Color Sensational Creamy Matte in Rose Rush, a flirty shade with a hint of shine.
 - Dior Dior Addict Lipstick in Wonderful works for every skin tone and eye colour. It's sheer but pigmented and feels like a balm. It's also full of enriching vitamin E, so your lips won't dry out (no matter how much kissing you do).







Nourished hair means better Blondes... and Brunettes

Holly & Davina have some exciting news. Nutrisse has a new, richer formula with 50% more conditioner, with avocado, oil and shea butter. Over 50 gorgeous shades to choose from. Luminous, multi-tonal blondes. Rich, deep, shiny brunettes. Up to 100% grey coverage.

Now with 50% more conditioner.



Colour questions? Let's chat @nutrisse.co.uk



PROMOTION

SKIN SOLUTIONS

GET YOUR GLOW BACK

Post summer everyone's skin is in need of a little TLC. Luckily, the pros at Elemis are here to help

WE ALL LOVE THAT SUN-KISSED

look our face gets after a day at the beach. But we also know this glow isn't always good for us as sun damage can easily translate into a complexion that's uneven, dry and dull. Enter the experts at Elemis. They've rounded up three summer-skin saviours packed with ingredients that nurture dehydrated skin and help repair the effects of a summer in the sun.

Beauty hero number one? That would be the Pro-Collagen Cleansing Balm. No ordinary cleanser, it doubles up as a skin treatment, too. Powerful ingredients like Starflower Oil help improve your skin's barrier function so the skin's natural moisture reserves are maintained - ideal after exposure to drying heat. The next must-have? Meet the Elemis Pro-Collagen Marine Cream Ultra-Rich. Offering 24-hours of hydration,* it's also packed with anti-oxidants that help fight off free-radical damage. And if you need a natural glow right now, make the Pro-Radiance Illuminating Flash Balm your new BFF. Luminous skin will be yours in seconds, and this skin-brightening balm keeps on giving with anti-ageing polyphenols and moisturising plant sugars that help to preserve the skin's structure.

Receive a free 15-minute facial upgrade (up to £15) with the purchase of any Elemis facial at John Lewis, Debenhams and Harvey Nichols.** Find your nearest Elemis counter at elemis.com/locations or call 0117 316 1888.

ELEMIS







encourage healthy skin. Love it.

2. Pro-Collagen Marine Cream Ultra-Rich, £80

Super parched skin? Slather on this rich cream and watch your face drink it up.

3. Pro-Radiance Illuminating Flash Balm, £35

Use as an added boost after you've moisturised – your skin will be glowing in seconds.

*INDEPENDENT CLINICAL TRIALS 2014. **ONE FREE TREATMENT UPGRADE PER CUSTOMER AVAILABLE WITH A FACIAL BOOKING UNTIL 30 NOVEMBER 2015. EXCLUDES SPAS, SALONS AND HOUSE OF ELEMIS. THIS MODEL DOES NOT ENDORSE THESE PRODUCTS.

'PEOPLE ARE CONCERNED WITH

rearranging the furniture in the house, but first we have to get through the front door,' says Joe Lewis, Elizabeth Arden's US CEO. He's talking about our obsession with targeting micro-issues (think enlarged pores, sagging and fine lines) over the bigger picture — namely, our skin's health. "The first place to start? The stratum corneum — that's what holds everything together, and lets things in and out."

Elizabeth Arden's new serum, for example, boosts the skin's barrier to keep the bad stuff (ie UV and pollution) out and the moisture in. Once you've nailed that, shift your focus to the deeper layers, where the collagen and elastin are produced. When your top layer is in optimum health, these are more reachable and active ingredients can perform at their best. And since the state of these deeper areas is responsible for hollowed eyes, sagging and loss of volume — they're the key when it comes to the visible changes in our face. So, here's how to resculpt without resorting to any scary scalpels...



SKIN SCIENCE SKIN SCULPTORS

There's a lot you can do to sculpt your face without getting drastic – it's about knowing where to start. *Anita Bhagwandas* talks us through it layer by layer



PHOTOGRAPH BY PASCAL DEMEESTER/FOLIO-ID.COM. STILL LIFES BY PIXELEYES

1. Estée Lauder New Dimension Expert Liquid Tape, £46

Can't wait for your skincare to kick in? Use this genius tube to add immediate firmness (oh, hi there, fake facelift) with longer-lasting toning effects, to boot.

2. Balance Me Collagen Boost Restore and Replenish Cream Cleanser, £18

Using amino acids to restore the skin's cell strength, this cleanser goes above and beyond the duty of a simple face wash.

3. La Prairie Anti-Aging Rapid Response Booster, £195

This fast-acting serum helps to rebuild the tired-looking areas of your face by improving surface hydration and retexturising skin for less-pronounced wrinkles.

4. Elizabeth Arden Superstart Skin Renewal Booster, £45

Before you apply anything, douse your face in this lightweight, botanical-infused pre-serum that reinforces the stratum corneum. It's like Spanx for your face.

5. Elemis Pro-Intense Lift Effect Day Cream, £80

With a hefty dose of hibiscus stem cells, this day cream works to plump and restore the skin's vitality – and it sinks in like a dream.

6. Clinique Sculptwear Contouring Massage Cream Mask, £36

Containing chlorellagen from green algae, this powerful cream is designed to stimulate the production of collagen and elastin.

marieclaire.co.uk 293

Q. I can't bear lots of product on my skin, but I have rosacea and want to disguise it. What's the best multitasking base? Rochelle, 32



Suzanne Scott Beauty editor

SUZANNE: I think **Max Factor Miracle Match Foundation**, £12.99, is going to be a lifesaver for you – 40 per cent of it is made up of nourishing ingredients such as glycerin to minimise

such as glycerin to minimise transepidermal water loss (the reason your skin gets dry over the course of a day, and a potential contributor to rosacea). The finish is fairly dewy though, so if you'd like something a little more matte, try L'Oréal Paris Nude Magique CC Cream Anti-Redness,

£9.99 – it's very green when you squeeze it out of the tube, but once blended, corrects redness and evens out skin tone.



Lisa OxenhamBeauty & style director

Q. My saggy jowls are making me really selfconscious and I hate myself in pictures. What can I do? Lena, 39

LISA: There are now some really effective ways to tighten up slackened skin. On a day-to-day basis, make sure you're not looking down at your phone too much (this causes that dreaded loose 'tech neck') and give yourself a facial massage daily – I do mine with Aveda Balancing Infusion Oil, £19.50. If you want to get serious, splurge on a CACI Microlift, £349.99 – designed to tone the network of muscles under your skin through microcurrent stimulation. I saw a difference after two sessions and am seriously impressed.



ASK THE BEAUTY EDITORS

Bring your beauty dilemma to the pros. Problem solved



Madeleine Spencer
Beauty writer

Q. I find the process of filling in my sparse brows time-consuming. Is there a quicker way to make them look fuller? Keira, 24

MADELEINE: When I'm in a hurry in the morning, I whip Eyeko Brow Magic Brow Boost, £25, through my eyebrows. The coloured fibres plump the hairs and fill in any gaps, so it's a super-speedy fix. If you want to take it a step further, get your hands on Wunderbrow, £19.95, available at Boots. It's a waterproof gel that will do a similar job, but the fibres and pigments stick around for days.

PRO TIP

'Your nails produce more natural oils in the summer, so to keep them healthy in winter, gently slough off the top layer and apply an oil nightly.' Glenis Baptiste, celebrity manicurist and MICRO Nail ambassador



Tweet us @marieclaireuk #thebeautydesk @LisaOxenham_MC @ltsMeAnitaB @Suzanne_M_Scott @madsabouttown



THE BEST-KEPT HAIR SECRET

Not sure who to turn to when your locks are looking dull or those firsttime greys pop up? L'Oréal Paris's Casting Crème Gloss worked wonders for three of our readers

IT CAN HAPPEN TO ANY OF US -

that single grey hair popping up out of nowhere, turning a good day into a bad one in an instant. Instead of telling yourself that no one else can see it, nip it in the bud with L'Oréal Paris's Casting Crème Gloss. The product that those in the know turn to for an instant hair boost, it means you won't have to run to the nearest salon for a full colour job. Casting Crème Gloss isn't a permanent colourant, so all you get is glossy, natural-looking hair colour. No ammonia. No pesky greys – just beautiful locks. The no-fuss, conditioning formula lasts up to 28 shampoos and is suitable for all hair – natural, coloured or highlighted.

Here, *Marie Claire*'s senior beauty editor Anita Bhagwandas talks to three readers who tried it out. 'It's a brilliant way to nix those early greys and boost the shine and vitality of your hair,' she says. 'It's a speedy confidence boost. Who wouldn't want that?'



PROMOTION



Casting Crème Gloss: The Reader Panel

Here's what the Marie Claire readers who tried out L'Oréal Paris's ammonia-free conditioning colour had to say...

'MY HAIR HAS A RICHNESS IT'S NEVER HAD BEFORE -THE DULLNESS IS GONE'

Claire Tyler, 34, account manager 'If my hair isn't looking good, I don't feel good. My natural colour is a dull brown that can look very mousy. I used the 323 Dark Chocolate shade and it's given my hair a much nicer tone and has left it feeling silky smooth. It doesn't look like one colour either – it's left different shimmering tones which I love.'

'THOSE ANNOYING GREYS ARE COVERED AND THE COLOUR LOOKS SO NATURAL'

Michelle Poole, 34, desktop publisher 'I get grey strands towards the front of my hair. I used to tell myself it was just part of getting older, but now I don't have to worry. Using a non-permanent colour appealed, as during the winter I like to go for a deep shade and in summer I prefer a lighter colour. I tried the 403 Chocolate Fudge shade. It was easy to apply and I can't believe how soft and shiny my hair feels.'

'I WANTED TO ADD DEPTH AND SHINE - AND IT WORKED'

Hannah Tomlinson, 31, entrepreneur 'I would never use a permanent dye to enhance my natural colour, so I knew the ammonia-free Casting Crème Gloss would be perfect for me. My hair will gradually return to its original colour without the roots coming through. I used the Dark Brown 400 shade. Best bit? The shine.'

FIND OUT MORE

Go to loreal-paris.co.uk/castingcremegloss to learn more about how you can give your hair a boost with Casting Crème Gloss. It's the boost you can believe in.



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international Marie Claire counterparts and quiz them on their must-haves and rituals. On page 305, four editors reveal their best beauty tips, and talk about

the trends sweeping their countries.

Back in the UK, it feels like the industry is finally catching up with our ethnically diverse population, with greater ranges of foundations, as well as make-up in gorgeous colours from plum to emerald, which work beautifully on darker skin tones. To find out more, we speak to three new beauty stars, spearheading the way for a fresh new ideal of beautiful (page 323).

If you're looking to expand your scent horizons, we've found the fragrances making women happy around the globe (page 338). We also discover how some of our favourite hairstyles go back centuries and crossed vast continents before they reached us (page 335). Finally, South Korea has overtaken Japan as the place we now look to for beauty breakthroughs - from sleep masks to snail secretions (page 315). What will they teach us next?

Lisa Oxenham, Beauty and Style Director

Tweet me @LisaOxenham_MC

CAPTURE LE SERUM

British beauty now

Stunning new faces share their beauty iourneys

It's a beautiful world

The biggest trends to land on our doorstep

An evening with Elemis

Expert advice, and a goodie bag

your roots

Iconic hair styles through the ages

A world of scents

What's hot in NYC, but not in the Middle East

> **Brit stars** share their must buys

South Korean innovation at

your fingertips

Dior

The scents you need to covet

CHANTECAILLE





EDITORS'
CHOICE

Thought your monthly facials and weekly manicures were standard practice? Compare your routine with the habits of *Marie Claire* beauty directors from around the world

THE NETHERLANDS

DIONNE POOL, BEAUTY DIRECTOR, MARIE CLAIRE, @DIONNEPOOL

SKINCARE 'Dutch women are often a bit lazy about their regimes - it's estimated that 50 per cent don't remove their make-up before going to bed. Most tend to go for one product that does everything, but I'm the opposite: double cleansing, peels, sheet masks, essences, serums, day cream, SPF, beauty pills - you name it, I use it. My favourites are Grown Alchemist Hydra-Restore Cream Cleanser, Sensai Cellular Performance Essence, Verso Super Eye Serum, Crème de la Mer The Hydrating Facial Mask [£195], Paula's Choice Resist Vitamin C Spot Treatment, and La Roche-Posay Thermal Spring Water [£7.50].

AGEING 'It's such a drag. Not the age part, I love getting older, but I'm not looking forward to the wrinkles that come with it. Dutch women are fairly relaxed about ageing. They will do botox and fillers, and they are not against plastic surgery.'

HAIRCARE 'Most of the time I wear my hair in a bun. I scrub my scalp with Christophe Robin Cleansing Purifying Scrub, and then wash it with Purely Perfect Cleansing Crème Shampoo [£35] – I haven't had a bad hair day since I started using it. I'll also do a deep treatment once a week with Christophe Robin Regenerating Mask With Rare Prickly Pear Seed Oil.'

BODY CARE 'My skin is dry, so I'll moisturise it with oil or body butter. A friend once told me, "No matter how your body looks, always make sure that it feels soft. That is the one thing your lover will remember."

MAKE-UP 'I own tons of make-up, but I don't wear a lot of it. I think I look better without. If I had to choose one essential, it would be a lash curler – when the eyes open up, you instantly look fresh.'

INSPO 'There isn't one beauty ideal in the Netherlands, but most women want to look like Beyoncé or [Dutch model] Doutzen Kroes. I'm inspired by ballerinas like Misty Copeland and Michaela DePrince.'

HEALTH 'I believe that beauty starts from the inside, so I take lots of pills. My daily dose includes omega 3, E3 Renew Me, Imedeen and magnesium. In the Netherlands, people tend to cycle or run everywhere. I don't like either, but I do yoga every morning and a 12-minute HIIT workout. I make sure that everything I eat is of good quality – I love dark chocolate.'



Hydra-Restore Cream

Cleanser, **£29**

5. Verso Super

Eye Serum, £65 6. Christophe Robin Cleansing Purifying Scrub with Sea Salt, £37



YOURS? GONDOLA 0 0 P I WEAR CANNOLI PROSECCO THERE BE KISS LIDO GIMME

THE SPOT MARK'S SHOPPING! . ST. STILL BAROQUE...BUT



BRAZIL

MARIA CLARA POVIA, BEAUTY EDITOR, MARIE CLAIRE, @MARIACLARAPOVIA

SKINCARE 'Brazilian women don't care about their faces as much as they should. Instead of using a high SPF to prevent sun damage, they tend to focus on fixing problems later using laser treatments and plastic surgery. However, I have melasma, so I use sunscreen every day. I love La Roche-Posay Hydreane BB Creme for the added SPF protection.'

HAIRCARE 'This is the number-one concern for Brazilian women. Because the climate is so humid, chemical treatments such as straightening are popular. My hair is straight and I don't dye it. Instead I prefer organic products made by my local salon. I also use L'Occitane Aromachologie Body & Strength Shampoo to soften.' BODY CARE 'I look after my skin, as it is so dry. My favourite body creams are L'Occitane Ultra-Rich Body Cream, Cetaphil Moisturising Cream [£8.99]

and Kiehl's Creme de Corps. Brazilian women also love treatments like VelaShape and Ultherapy, which can help with cellulite and toning.' MAKE-UP 'In Brazil, BB cream has become an indispensable item. Women love it, because it both corrects imperfections and contains SPF. When it comes to colours, pink and red lipsticks are popular, and in the evening, it's smoky eyeshadow and nude lips - a classic combination. INSPO 'Personally, I love French beauty, and my icons are Brigitte Bardot, Jane Birkin and Françoise Hardy. But for most Brazilians, Gisele Bündchen has the ideal look.' **HEALTH** 'I used to do bodybuilding exercises, but yoga is my thing now.

exercises, but yoga is my thing now.
There is currently a fitness-Instagram fever in Brazil. Green juices are popular, and we eat tapioca as a bread substitute because it's gluten-free.'

CLINIQUE



ERIN FLAHERTY, BEAUTY & HEALTH DIRECTOR, MARIE CLAIRE, @ERINFLAHERTY

SKINCARE 'The US is divided into two camps: the trend to wear lots of make-up versus the minimalist look. In the latter category, good skincare is vital. For exfoliation that doesn't irritate, I use Dermalogica Daily Microfoliant [£41.75]. New Yorkers have to use sunscreen because we walk everywhere. SkinCeuticals Physical Fusion UV Defense SPF 50 also doubles as a tinted moisturiser. AGEING 'American women are still habitually having non-surgical procedures. Treatments like botox and fillers have become a form of maintenance, like getting your roots done or updating your wardrobe.' HAIRCARE 'In NYC, blow-dry bars are everywhere and a lot of women get their hair done at least once a week. Personally, I'm trying to air-dry my hair more instead. I slather Redken Real

Control Hair Slimming Serum [£16.90], on to damp hair, braid it, and then spritz on Bumble and Bumble Surf Spray. When it's dry, I mist it with Oribe Dry Texturizing Spray.' MAKE-UP 'We're often stretched for time, so any products that can be applied on the go, such as Clinique Chubby Stick Moisturizing Lip Colour Balm, tend to be most successful.' INSPO 'Kate Moss, Karlie Kloss, Joan Smalls and Cara Delevingne are all huge influences to New York women, but in the rest of the country, Beyoncé and Kim Kardashian are the big icons. **HEALTH** 'I drink and smoke, but I'm also devoted to my green juices and Bikram yoga. Living in the Big Apple is hardcore, so people tend to detox, then retox. The wellness industry has exploded - there are juice joints on



1. Clinique Chubby Stick Moisturizing Lip Colour Balm, £17.50 2. Redken Two Smooth Serum Duo, £13.50 3. SkinCeuticals Ultra Facial Defense SPF 50, £35 4. Bumble and Bumble Surf Spray, £21.50 5. Oribe Dry Texturizing Spray, £39









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ABEAUTY BREAKTHROUGH

The latest innovation from Elizabeth Arden will protect and nourish your skin *and* make your other skincare work better. Amazing

OUR SKIN REALLY IS ON THE

front line – UV rays, pollution, stress, even the weather, all play their part in accelerating the ageing process. But how do we combat these ever-present enemies to keep our skin young looking? Enter Elizabeth Arden's Superstart Skin Renewal Booster, which marks the emergence of an entirely new category in skincare and an important new step in your beauty regimen. This new step will help you tackle early signs of ageing more effectively, softening those fine lines, plumping up saggy skin and helping to brighten an uneven skin tone – but not quite in the way that you might think.

Superstart Skin Renewal Booster is neither a serum, nor is it a moisturiser. You apply it after you've cleansed your skin and it's specifically designed to provide daily support to the top layer of your skin – the stratum corneum. By optimising the health of the stratum corneum, not only will Superstart make your skin look more supple and radiant, but it will also boost your skin's natural defences, enhance its ability to repair

95% OF WOMEN AGREE THAT SUPERSTART BOOSTS THE EFFECTIVENESS OF THEIR SKINCARE PRODUCTS

and renew, and – best of all – turbo charge the results of your serum and moisturiser. How does it manage this great feat? By restoring the health of the stratum corneum, Superstart ensures the skin is more responsive to all the steps in your regimen and that each subsequent treatment is able to deliver stronger results. In fact, in a recent clinical trial, 95 per cent

THE DREAM TEAM



Superstart
Skin Renewal Booster, £45
Apply a pearl-sized amount to your face to boost the results of these Elizabeth Arden superstars.



Prevage Anti-aging
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Daily Serum, £165
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antioxidant
Idebenone to
reduce the
appearance of
sun damage and
discolouration.



Ceramide
Capsules, £64
Retinyl linoleate
enhances your
skin's natural
collagen to give a
firmer look, plus it
smooths and
retexturises the
skin's surface.

of women agreed that the Superstart Skin Renewal Booster boosted the effectiveness of their other skincare products.*

REPAIR AND RENEW YOUR SKIN NOW

So, what are Superstart's secret weapons? It's rich in sea fennel and flaxseed extracts which encourage the skin to sustain optimal lipid levels to fight off fine lines and wrinkles. Then there's a probiotic complex that helps to strengthen your skin's own natural defences against the environment. Add in glasswort extract that reduces water loss in the surface of the skin and you end up with a very healthy stratum corneum and complexion.

When used in tandem with other skin saviours in the Arden Active Skincare range, like the Elizabeth Arden Prevage and Ceramide products, the results are impressive. Superstart boosts their effectiveness in supporting the skin's natural collagen by up to five times, the skin's natural elastin by up to nine times and the skin's natural hydration by up to 25 times.** Impressed? All these factors are crucial to the renewal of your skin's surface layer and its defences. In turn, your skin will be beautiful, resilient and refreshed. It's a whole new era of skincare - and one you need to get involved in.

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YOUR BEST BEAUTIFUL™



industry. But can they really fix all your complexion concerns?

Everything has changed in the world of skincare. It started with BB creams, evolved to CC creams and now even sheet masks and cushion foundations are staples on the shelves of beauty halls across the UK. What unites all these is that they originated on South Korea, the beauty superpower that is rapidly becoming the one to watch, primarily due to its technologically advanced skincare. Its cosmetics exports reached a colossal £1.28 billion in 2014, an increase of 50.4 per cent over the previous year*. So it's safe to say the South Koreans are leading the way in beauty innovation - and revolutionising the way we think about skincare.

The time women in South Korea invest in their beauty routines is remarkable, explains Kelly St John, vice president of beauty at US luxury department store Neiman Marcus. 'Increasingly, our minimal beauty regimes [in the West] are going to feel a little slapdash in comparison to the [on average] 10-to-15-step regimes in Asia,' she says. That includes everything from your usual cleanser, toner and moisturiser,

through to lip masks, wrinkle rollerballs and blackhead dissolvers. But amid all this bounty, it's difficult to know what is a really brilliant addition to your skincare regime, and what's just a mildly diverting novelty. As always, we're here to help...

THE INGREDIENT **GAME CHANGERS**

Let's start with the unusual suspects. Snail slime (yes, really) is a common addition to skincare because it contains glycolic acids, proteins and elastin, designed to protect the snail from infection and damage. Used on human skin, these ingredients can help to heal acne scars and soften fine lines. If the thought doesn't entirely repulse you, give the Dr Organic Snail Gel range (£1.99 and upwards) a try. Or follow the lead of Dr Jart, a Korean dermatologist who has included these prized snail secretions in his Dr Jart+ Regenerating Beauty Balm, £10.50, which also contains a handy SPF 30.

If snail secretions don't enrapture you, we're thinking that stem cells might. You'll have heard the word bandied

about in skincare over the last few years, but the theory is that stem-cell extracts may encourage the growth of your skin's own stem cells and possibly trigger their anti-ageing effects. Though human stem cells (from bone marrow) are used in South Korean skincare, it's currently illegal to use them cosmetically in the UK. But if you're still looking for a little Terminator-esque regeneration, give fruit or plant-based versions a go. The coneflower stem cell harnessed in Intelligent Nutrients Renewal Complex Eye Gel is used to help prevent environmental damage and boost stem-cell growth. While Dior Capture Totale Le Sérum doesn't contain stem cells as such, it penetrates so deeply that the hypodermal (that's the layer below the top epidermal layer) stem cells are stimulated to encourage reproduction.

THE HOT TREND

Another South Korean skincare obsession that's catching on like wildfire is the sleep mask, designed to help your skin regenerate in the 'golden hours'

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of 11pm-2am when the most reparative cell turnover occurs. 'Sleeping packs are incredibly popular,' says Anna-Marie Solowij, co-founder of global cosmetics curator Beauty Mart. 'These multipurpose night-time masks don't have the sticky factor of a traditional face mask or night cream, and allow Korean women to treat their skin while they sleep.'

Sleeping masks are already making a big impact in Europe and the US. These rich, leave-on masks drip-feed skin with nourishing, protecting and correcting ingredients while you catch some zzzs. Garnier Miracle Sleeping Cream, for instance, uses hyaluronic acid to plump your skin and lipohydroxy acid (which works in a similar way to salicylic acid) to target the bacteria that collects in pores and causes blemishes. If pigmentation issues are your bugbear, Dr Andrew Weil for Origins Mega-Bright Dark Spot Correcting Night Mask focuses on brightening. It contains potent antioxidants like vitamin C, mulberry and white peony, which help regulate the production of melanin, or pigment, in the skin.

Finally, no self-respecting South Korean beauty regime would be complete without an essence. They lie somewhere between a toner and

serum, and are gaining serious popularity in the UK now, too; Clinique Even Better Essence Lotion 1, 2 works brilliantly on dry skin. The moisturising ingredients help to bind water to the surface and increase plumpness. If your complexion is a tad oilier, then give Shiseido White Lucency Refining Softener a go. This lotion softens by exfoliating the excess surface cells that hang around being pesky and dull, resulting in brighter skin. (By the way, the word 'white' when used in South Korean products isn't politically incorrect; it's simply used as an alternative to 'brightening'.) And finally, if your complexion sits in the normal range, give Estée Lauder Micro Essence Skin Activating Treatment Lotion a whirl. It's designed to feed your skin and soften any areas of dryness - which it does with aplomb.

THE MANY-STEP SKINCARE ROUTINE

As convoluted as the skincare layering rituals of South Korea might be (they can consist of up to 21 steps), it does show that dedication is the key to great skin. The first step is a 'double cleanse' – that's beauty speak for washing your face twice; once to remove your make-up and a second to remove any remaining

debris. Next is a toner - they have fallen out of fashion in the UK in recent years because we started to think they were just fancy water (which does have some truth to it). However, the Korean ones are a completely different ball game; for instance, Erborian Herbal Energy Lotion 30% uses traditional Korean herbs to balance the skin's PH levels and prepare it for receiving the (many) active ingredients about to come its way.

The following steps are a skincare prescription, designed to fit with your individual needs – then comes a concoction of pre-serums, serums, boosters, eye serums, targeted masks (like Urban Lab's Moisture Lip Mask, which exfoliates flaky lips) and creams – topped off, of course, with a layer of high-factor sun protection. Finally, spritzes of hi-tech facial mists with SPF protection throughout the day, such as Supergoop Mist SPF 50, £18.50, round up the entire operation. Exhausted, yes, but clear-skinned, too.

What's evident is that the South Korean skincare consumer is both dedicated and savvy. While we might not be embarking on a 21-step regime any time in the near (or distant) future, their targeted approach to skincare definitely has some merits to steal. We wish you luck.

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GLOBAL BUZZWORDS

Harness the brilliance of the world's best skincare ingredients, without even leaving the UK

INDIA: BAKUCHIOL (BA-KOO-HEEL)

This antioxidant and phytoestrogen is found in the seeds of the babchi plant. It's causing a stir for having retinol-like anti-ageing actions, but minus any skin irritation. Find it in: Nude Progenius Omega Treatment Oil, £58.

MEXICO: CHIA (CHEE-AH)

It's been a buzzword in health for a while, but now the oil from the chia seed is a big beauty industry trend. It's high in omega fatty acids, as well as being antioxidantrich and anti-inflammatory, so it's brilliant for moisturising skin and preventing flare-ups. Find it in: Perricone MD Chia Serum, £62.

FRENCH POLYNESIA: TAMANU (TAH-MAN-OO)

This traditional seed oil is rich in lipids to help plump the skin and promote healthy barrier function, but it's also light enough to use daily. Find it in: Kiehl's Daily Reviving Concentrate, £36.

CHINA: KOMBUCHA (KOM-BOO-CHA)

The combination of bacteria and yeast in this ancient Chinese drink is credited with maintaining internal health, and is now being used as a probiotic in skincare to reduce free-radical damage. Find it in: Fresh Black Tea Firming Overnight Mask, £69.





CHANGING **SHADES**

The one-shade-suits-all is truly over. In the last five years, we've seen beauty brands such as Lancôme, Clarins, Elizabeth Arden and Shiseido all extend their foundation ranges to cater for a wider variety of skin tones. But two of the most recent are high-street names, which suggests that serious change is happening. Max Factor Face Finity All Day Flawless 3-In-1 Foundation, £12.99, and Rimmel Match Perfection, £6.99, have both added darker shades - here's hoping they inspire others to join in, too.



The latest in beauty in our whistle-stop tour around the planet. Hold tight...



The lavish adornments of ancient Egyptian queen Nefertiti are the inspiration for shoe maestro Christian Louboutin's new lipstick range - the Christian Louboutin Velvet Matte Lip Colour, £60, is a true jewel of the Nile.



WORLD WISE

Alexia Inge is founder of UK online emporium Cultbeauty.com. She lets us in on three happening global beauty trends.

LA NATURALS

'There are some amazing natural products coming out of LA right now. Natural make-up company W₃LL People is fusing natural techniques with high-quality pigments.

WELLNESS

'We've just found an exquisite Indian brand called Uma, which harnesses ayurvedic and aromatherapeutic principles within a range of skincare and wellness oils. Its Pure Energy Wellness Oil, £60, is as good as a morning coffee.'

THE BETA-GLOW

'The complexion everyone in Europe wants is a healthy glow, and that can come from eating beta-carotenerich foods such as apricots, spinach and carrots rather than using self-tanners.





MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS











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Express yourself with
Ultimate Hold Hairspray

BEAUTY NOW

Our ideals of beauty are starting to change – and about time, too. Here, three high-profile new faces share their views and go-to products

'At school we had to name a celebrity we looked like and suddenly I panicked: nobody looked like me!'

THE MODEL **NEELAM GILL**

The first model of Indian descent to have walked for Burberry, Neelam, 20, has an impressive roll call of fans; with everyone from Kanye to Kane wanting to book her for their campaigns.

'When the Burberry campaign came out, most people in the Indian community were very supportive, but some were like, "How is she a model? She's not even

fair." But I also get lots of positive comments. It can be a battle, though - I've turned down jobs because I had to be nude, and although I know it would've been done in a tasteful way, the backlash I'd get wouldn't be worth it.

'During the Burberry shoot they spray-painted my body darker to emphasise my skin tone, which made me happy.

I thought to myself, "Wow, just look at how much times have changed." In the Indian community, it's drummed into you that fairness is the only version of beautiful. Luckily, I was never too hung up on this growing up in Coventry, as my mum and grandparents taught me not to listen to it. If you walk down a high street in Britain now, you see lots of different ethnicities in fashion or beauty campaigns. I don't think it's as inclusive it should be yet, but it is heading in the right direction.'

'I love having thick eyebrows to frame my face, but I have to get them threaded every two or three weeks, so I've been going to Blink Brow Bar ever since I've been in London. I also use Bobbi Brown Skin Foundation SPF 15 [£31.50].'

8088

BOWI



THE ACTOR **NATHALIE EMMANUEL**

The 26-year-old star of Furious 7 also plays Missandei in Game Of Thrones, and did a four-year stint in Hollyoaks.

'I grew up in Southend-on-Sea, in an area that was predominantly white. I didn't experience huge amounts of

racism when I was younger

'Growing up, there was a very Caucasian ideal of beauty on the TV and in magazines. I was a huge fan

of the Spice Girls, and when I first saw Mel B, I was like, "Wow, that girl's got

but, at the age when boys become interesting, the popular girls in school were always blonde, blue-eyed and white.

'My go-to beauty product is coconut oil - I put it on my hair

and skin, and I cook with it, too. You're not really supposed to wash curly hair too much, but when I do shampoo it, I use the KeraCare range [From £3.50].'

hair like mine! And dark skin, too."

'When I started out in acting, there always needed to be a reason to be cast in something if you were of colour. Almost like if you were of mixed heritage or black, it would have to be explained in some way, and your inclusion would need to be justified. Back then, the way they used to portray a person of colour was stereotypical and often frustrating - usually as a delinquent or teenage mum.

'Now, roles aren't advertised or defined by an actor's colour or ethnicity as much, which is a huge, huge thing. I've played parts recently where my race hasn't been explained away -I'm just a person, which is fantastic. What's so great about Britain now is how diverse it is, and how society is constantly growing and evolving. We have so many people from all kinds of backgrounds that it's creating a really interesting and much more accepting society.

THE SINGER ELLA EYRE

Currently the face of Emporio Armani Diamonds Violet EDP, and celebrating success after the release of her first album, Ella's star is ascending.

'My dad is Afro-Jamaican and my mum is Maltese; growing up, I hated my curly hair. I wanted to have a long ponytail or wispy hair that I could flick over to the side and plait. Now though, I see curly hair is very cool and I get a lot of people saying how jealous they are of mine.

'I've noticed that, increasingly, there is more of a slant towards individuality, and people are becoming more accepting of their diversity. It's one thing for others to be more accepting of Afro hair and see it as cool, but it's a different matter for me to be accepting of my own hair and to embrace it myself. I think the reason beauty has changed in that way, is that it's now actually quite a cool thing to be yourself, and to find your niche.

'Being asked to be the face of Emporio Armani Diamonds Violet was a huge compliment - the last person to do it was Beyoncé! The idea behind the campaign is that it's a sweet yet sassy

fairy tale, and [the brand] felt like I reflected both sides.

'My album also shows the different sides of me. It's an eclectic mix of experiences I've been through over

the past few years. I've grown up in that time and experienced boyfriends, break-ups, and the happy shit. I like to think of it as a diary of my teenage years.

'I've personally never felt victimised for my

heritage in the music industry. I feel that now it's more about the music than ever.

For me, it's about being the right person at the right time, with the right song.'



ORGIO ARMAN

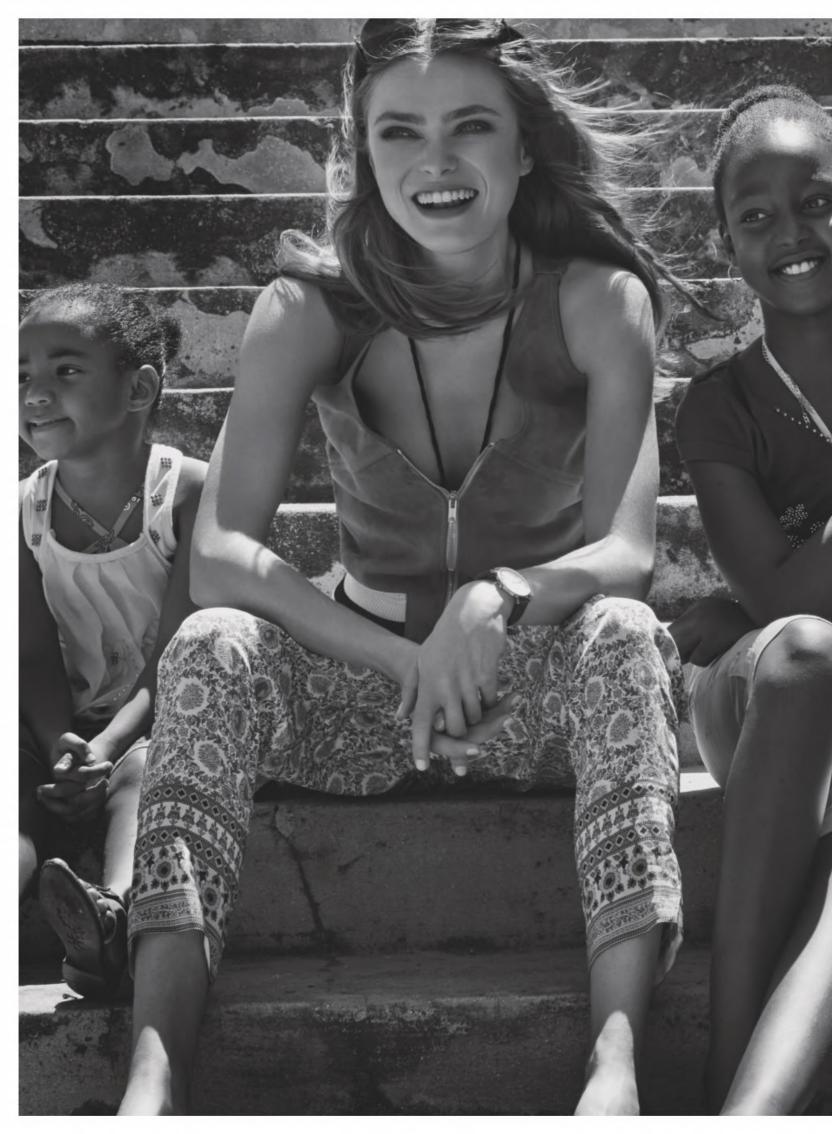
'I just can't live without my Giorgio Armani Luminous Silk Foundation [£36.50], and Estée Lauder Double Wear Stay-In-Place Flawless Wear Concealer [£22].'



CHARLES WORTHINGTON

LONDON





BEAUTIFUL WELINGOVER THE HOTTEST BEALITY TRENDS TO HIT

WE UNCOVER THE HOTTEST BEAUTY TRENDS TO HIT THE UK – ALL INSPIRED BY FAR-FLUNG NATIONS

PHOTOGRAPHS BY SIMON UPTON WORDS & STYLING BY LISA OXENHAM











Jobal skineare TRENDS

From the anti-wrinkle mask popular in Korea to the filler coveted in Brazil, these are the beauty heroes trending around the world

Ever wonder why women in France have that certain je ne sais quoi or how Chinese women maintain their youthful appearance? What are their beauty secrets? The good news is – courtesy of Boots – you don't need a passport to get the products they're using to look so gorgeous. The place to shop for premium beauty and skincare products, Boots has the latest skincare saviours that are trending everywhere from right here in the UK to China via the Hollywood Hills. We've even flagged up the super ingredient that has a tiny country in Africa buzzing and everyone's skin glowing...





1.THE EXTRACT

Trending in: Burkina Faso Dior Capture Totale Dreamskin 50ml, £105

The star ingredient - Opilia - was found in Burkina Faso in Africa. It helps skin look less red and more radiant.

2.HYDRATOR

Trending in: USA Embryolisse Lait-Crème Concentré Edition Gold 75ml, £20

A whole cast of Hollywood A-list stars choose this superhydrating face cream for long-haul travel.

3.SUPER WATER

Trending in: France Bioderma Micellar Water 250ml, £10.20

Free of soap and alcohol, the French use this water to draw make-up, sebum and impurities from the skin.

4.LINE BUSTER

Trending in: Brazil Vichy LiftActiv Advanced Filler 30ml, £31

Retinol and LR2412 complex help the sun worshippers in Brazil visibly reduce the appearance of deep wrinkles.

5. FIRMER

Trending in: China Lancôme Advanced Génifique 30ml, £59

It's so iconic in China that it's known as the 'little black bottle'. Targets skin firmness and skin texture.

6.SOOTHER

Trending in: UK Liz Earle Cleanse & Polish Hot Cloth Cleanser 100ml, £14

The buzz around this homegrown cleanser is deserved as it leaves skin feeling soft and looking radiant.

7.BOOSTER

Trending in: Korea Masque BAR Anti-wrinkle Sheet Mask, £9.99

Collagen-infused to boost skin in minutes, there are shops in Korea that only sell sheet masks.

8.ILLUMINATOR

Trending in: Germany Eisenberg Brightening Emulsion 50ml, £53

German women like the illuminating uniformity this gives. It helps cover the appearance of dark spots, too.



AN EVENING WITHELEMIS

Expert skincare advice, a gorgeous goodie bag and luxurious mini treatments. Join us...











A NIGHT OF PAMPERING AND

expert skincare advice awaits, thanks to our exclusive series of events with Elemis. The leading skincare brand's specialists will be on hand to discuss any complexion concerns you have, and provide a personalised skin analysis to ensure you look - and feel - amazing this autumn. You'll also receive a goodie bag and free mini treatments on the night. See you there!

DATE 1 October 2015 *TIME* 6–8pm*

LOCATION To find your nearest participating Debenhams, John Lewis or Harvey Nichols store, visit online elemis.com/retail. Don't miss out: simply call the counter to reserve your place. Tickets cost £10 each (redeemable against any purchases that are made on the night).



any two Elemis purchases · Skincare consultation · Product demonstrations · FREE mini treatments

Terms & conditions Tickets are non-refundable or transferable. Ticket cost is redeemable on product purchases at the event only. Call 0117 316 1888 or visit elemis.com/retail to find participating stores. Call the counter to reserve your place. Goodie bags are only available while stocks last.

LOCAL STORE TIMES MAY VARY





THE BOB ORIGIN: UK

The 60s brought big change for hairdressing. It was spearheaded by stylist Vidal Sassoon, who pioneered the five-point cut technique, and created a stylish geometric bob.

CLASSIC

Devotee Mary Quant called Sassoon 'the Chanel of hair.'

MODERN

Taylor Swift's classic short cut might not be as architectural as the 60s bob, but it's versatile. The singer has worn hers every way possible, from wavy to sleek.





HAIR JEWELLERY

ORIGIN: INDIA Brides across India have worn hair jewellery for their big day ever since the 15th century, but with the popularity of Bollywood films and the influence of the Indian aesthetic in the late 90s (hello bindis and boho-chic hair), this look has now crossed the ocean

CLASSIC The late Hindi-Urdu megastar Nargis was an

permanently.

Indian film actress popular during the 50s. Her biggest film was Mother India (1957) and she really caught the public's attention for the depth of character she brought to each of her roles - and her style.

MODERN

Everyone from Florence Welch to Nicole Richie has rocked a little hair bling. But nobody can beat Bollywood star Sonakshi Sinha.

MICRO BRAIDS **ORIGIN: AFRICA**

Women in African nations have been braiding their hair in cornrows and plaits for centuries but the look has evolved into a staple choice for women with Afro or super-curly hair.

CLASSIC

Showing intricate variation on the style, Ethiopian women circa 1930 traditionally wore their hair in tight, short mini braids.

MODERN

Actress Lupita Nyong'o's slick cornrows wow, while Zoë Kravitz nails the lengthy look, thanks to her super-skinny, butt-grazing braids. Too cool.



TOP KNOT **ORIGIN: JAPAN**

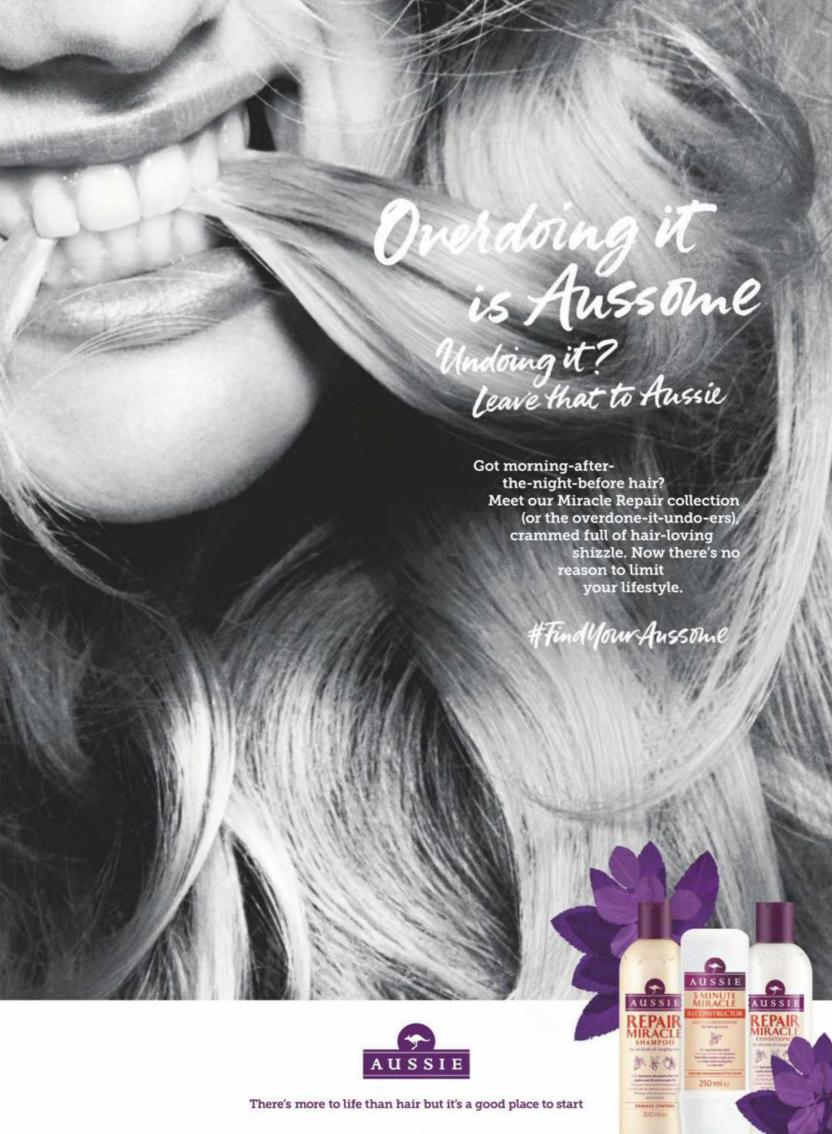
Almost every country has a version of this look, but the Japanese shimada worn by geishas is arguably the most elegant.

CLASSIC

A geisha wears her hair in an intricate top knot.

MODERN

Although it's mainly worn as a post-gym saviour, the simple top knot has been consistently rocked on the catwalk and the red carpet by Hayden Panettiere and Julianne Moore. We love it best on Japanese actress Yu Aoi.





A world of SCENTS

What to spritz in the West Coast but avoid in the Middle East: get a nose for the biggest global trends in fragrance

1.JAPAN

Scent philosophy Clean. In Japan, assaulting someone with your perfume is deemed vulgar. Perfumer and 'nose' behind the new Shiseido scent, Ever Bloom, Aurélien Guichard explains: 'The Japanese love to smell clean – overpowering scents are just too offensive.'

Try Shiseido Ever Bloom EDP, £55 for 50ml.

The fragrance Guichard says: 'This fragrance was highly influenced by Japan, so the scent is a bouquet of petals with fruity notes, which captures Japanese elegance.'

2.USA

Scent philosophy Sweet.
Mississippi Mud Pie, Ben &
Jerry's - the US loves all things
sweet. 'What sells the best?
Vanilla-based scents and fruity
florals,' explains perfume
designer Azzi Glasser, adding,
'America is a world in itself.
The West Coast is more unisex
than middle America. And in
New York, they prefer more
woody scents.'

Try Calvin Klein Eternity Now EDP, £68 for 100ml. The fragrance They don't come more all-American than Calvin Klein. This new edition contains notes of nectarine, lychee and peony for the fruitiest floral on the market.

3.MIDDLE EAST

Scent philosophy Opulence. Glasser says: 'The fragrance market in the Middle East has never changed. They love ouds and rich 80s scents like Dior Poison. Oils are also used in some countries to perfume

hair.' That works particularly well if veils are being worn.

Try Gucci Oud EDP,

£90 for 50ml.

The fragrance This classic oud is tempered with pear and raspberry for a softer smell. But be warned, unlike Arabic ouds, it contains alcohol.

4.BRITAIN

Scent philosophy Layered According to Glasser: 'One thing we love in Britain is to layer our fragrances. But knowing which scents to layer is key. Light British florals layer beautifully over fragrances containing traditionally British ingredients such as pear or blackberry.' Try Jo Malone London Mimosa & Cardamom Cologne, £85 for 100ml. The fragrance This elegant scent is underpinned with cardamom and was created to encapsulate 'British bohemia'. Try it layered with Jo Malone London Red Roses Cologne,

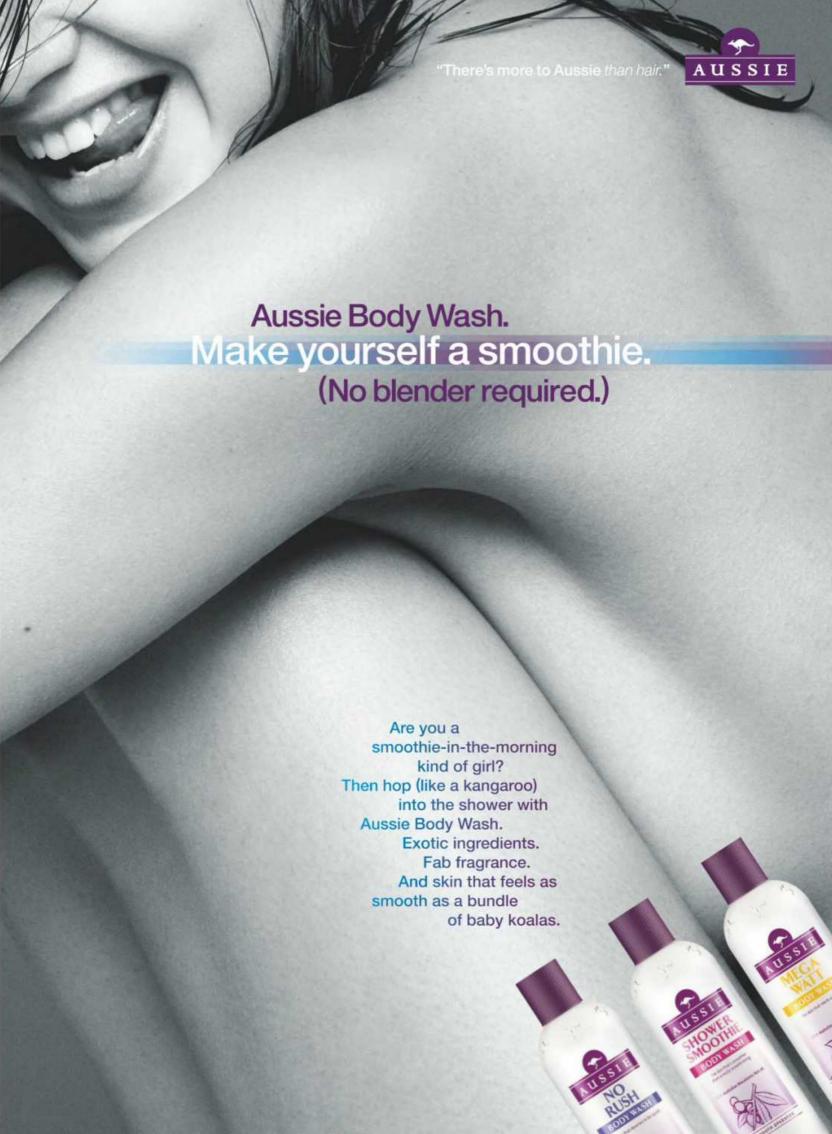
5.FRANCE

£85 for 100ml.

Scent philosophy Elegance.
French women have discerning tastes when it comes to fragrances. Glasser explains: 'The French tend to pick oriental and floral scents. It echoes their attitude to life.'
Try Estée Lauder Modern Muse Le Rouge EDP, £64 for 50ml.

The fragrance It's fruity, floral and oriental with Bulgarian rose, pink pepper, patchouli and magnolia. Ideal if you want your scent to enhance, rather than announce, your presence.







AMPAX (OMPAK PEARL LESS LEAKS

Cutsmart Mother Nature



Our only compak that fits your shape for our #1 in comfort and protection.**

NEW! TAMPAX
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THE HIGHS (AND LOWS) OF YOUR SEX DRIVE

Can't stop thinking about sex – or worry because you never do? Sarah Maber reports on how your libido works, and what you can do to change it

MEN DON'T HAVE A MONOPOLY ON HIGH SEX DRIVES

Your libido may well be just as up there as any man's, according to sex therapist Vanessa Marin. While hormone levels do play a part in determining sex drive – and men have higher levels of the sex hormone testosterone – it can also be affected by work, stress, tiredness and relationship issues. 'It doesn't necessarily follow that a woman with a high libido also has high levels of testosterone,' explains Marin. 'What

determines your libido is complicated, and is still not completely understood.'

MID-CYCLE HORNINESS IS A THING

A recent study by the University of Virginia showed that women reported significantly more interest in sex – and greater satisfaction – mid-cycle. But it's not always that straightforward. If you're on the Pill, chances are your natural cycle is altered, so you might not notice libido peaks, and the same goes if you're stressed

at work. On the upside, some time off, where you're away from home and work, often acts as a foolproof libido boost. For couples, there's also the simple fact you're doing something new together. According to anthropologist Helen Fisher, this stimulates the reward area of your brain, making you feel hornier than usual.

SEARLY BIRD VS NIGHT OWL: YOU CAN BOTH ADAPT

Your sexiest time of day is partly determined by those testosterone levels

» HAVE THE SEX YOU WANT, A COUPL E'S GUIDE TO GETTING BACK THE SPARK BY ANDREW G MARSHALL (£10.39, MARSHALL METHOD PUBLISHING). "SEX COUNSEL BY SUZI GODSON (E-BOOK, £4.99, CASSELL ILLUSTRATED), PHOTOGRAPHS BY ALAMY, GETTY IMAGES

(men's are highest in the morning, women's in the evening), but also by personal preference. Once body clocks, energy levels, work and commitments are taken into account, however, it can be difficult to find a time of day when you're both in the mood. If we waited until our sex drives magically aligned and conditions were perfect, we'd only have sex about three times a year,' points out relationship therapist Andrew G Marshall*. 'It's perfectly OK to say: "Actually, I'm really not in the mood this morning, but what about tonight?" Then you can spend some time getting in the mood, and go to bed early to make sure you're not too tired.'

WE ALL HAVE A SWEET SPOT FOR SEXUAL FREQUENCY

'People who have high sex drives worry about wanting sex too much, while those with low sex drives feel guilty for not wanting sex enough,' says Marin. 'Nobody ever thinks of themselves as "normal".' The problem, she explains, is that our sex drives just are what they are. 'Our libido isn't static. It fluctuates over time, and is sensitive to dynamics such as health and energy levels. But each of us also has a range of sexual frequency that feels right.' Marin recommends asking yourself what level of frequency feels right for you. 'If we can stop spending so much time obsessing over what we should be doing, and start focusing on what we want to be doing, we'll all be so much happier.'

FEMALE VIAGRA? THE JURY'S STILL OUT

Flibanserin – a drug designed to treat low sexual desire in women – is waiting to receive final approval by the US Food and Drug Administration, but it comes with a barrage of side effects, including sleepiness, sudden drops in blood pressure and fainting. Not only that, but the hit rate is surprisingly low – in three trials, women who took flibanserin (marketed under the brand name Addyi) increased their number of satisfying sexual events by only one a month.

Moreover, even if Addyi does get the go-ahead, it could be some time before it receives UK approval. In the meantime, online retailers offer a glut of pills that claim to improve libido – but we should leave well alone. 'There's no credible

scientific evidence that any of them work,' says sex expert Suzi Godson". 'More importantly, they can be dangerous.'

YES, YOU CAN RELOCATE YOUR MOJO IN A LONG-TERM RELATIONSHIP

But first, you have to get over any anger and resentment. I would estimate that anger causes about 95 per cent of sexual issues in a relationship,' says Marshall, 'whether you are consciously aware of it or not.' He recommends the following steps: accepting that you might be angry, identifying what it is you're angry about, then talking openly about it. To help you reconnect, Marshall suggests daily 'positive strokes': 'Smile at each other. Look at each other. Pay attention. Carry out small acts of kindness, such as bringing your partner a coffee in bed. Research shows you need five positive interactions to counteract one negative.'

BEWARE OF THE NOT-SO-HAPPY PILLS

Some popular antidepressants, including Prozac and Seroxat, can not only take out your libido, but also make you feel less close to your partner, according to a 2014 study reported in the *Journal Of Affective Disorders*. If you feel like your medication may be affecting your relationship, talk to your doctor; possible solutions include lowering your dose, taking a break under medical supervision or switching brands.

ALCOHOL IS PROVEN TO HELP... KIND OF

Feel sexier after a couple of drinks? That's because a small amount of alcohol really does cause a surge in testosterone in some women. But more than two units, and your oestrogen lowers – and your libido, too. Interestingly, men don't experience the same boost from alcohol; any amount can suppress testosterone production.

ON THE PILL? A TWEAK CAN WORK WONDERS

'Oestrogens may help to boost libido, but synthetic progestogens in the progestogen-only pill and the combined oral contraceptive pill can have a negative effect on libido,' says Dr Sarah Brewer. 'Switching to a more oestrogenic form, or one with a different progestogen, is worth a try.' The only way of knowing if the Pill is responsible for a low libido is to stop taking it, but research suggests you'd need to do this for up to a year to be certain.

NO, YOU DON'T HAVE TO EAT OYSTERS

In fact, a humble bowl of porridge can do the trick. As can spinach, beef, kidney beans and eggs – all are high in zinc, which can help boost libido by increasing testosterone and lowering prolactin, a hormone that can curb sex drive. And it's also about what you *don't* eat. Watch the white carbs: they can zap sex drive by causing glucose levels to spike. ■

TF I WAS ALONE WITH ANY MAN, I'D TRY TO GET HIM INTO BED'

Carrie Ward, 37, a teacher, reveals how she satisfies her high sex drive

'I lost my virginity late (I was 20) and until I was 30, I'd say I had a normal sex drive. I was in a long-term relationship, and we'd have sex about twice a week (though I masturbated in the shower daily). But when we split up, my libido shot through the roof. I thought about sex all day, and fantasised about it with strangers. Every outing was a chance to meet someone for sex – even coffee in Starbucks. More often than not, though, I would just go home and masturbate, thinking of someone who'd caught my

eye. Nights out were different - they were focused on taking someone home. There were times when I slept with two people in the same evening - a stranger, followed by a booty call to an old friend. If I was alone with any man, I'd try to get him into bed.

'Now I'm married to someone with a similarly high libido, and we have sex about five times a week. I'm not ashamed of my single years. I think, emotionally and physically, I was making up for lost time.'







OPULENCE RULES THIS SEASON

both on the fashion front and at home. Inspired by the likes of the Bloomsbury Group and William Morris, the new Midnight Bloom homeware collection from Sainsbury's mixes stylised painterly botanical prints, richly coloured glassware and ornate finishing touches to create a dramatic yet modern space.

This bohemian luxe look evokes just the right vibe for a decadent dinner or a lingering lunch - ideal for whiling away cold autumn days and nights. You only need a few key pieces to turn the table into a true work of art. Think fine china decorated with blowsy blooms, amber and purple glassware, a single vase filled with look-at-me flowers and candlelight, of course. Temper all this opulence with a few humble pieces to give a nod to the look's artistic heritage - well-worn wooden chairs would work perfectly.



STYLE TIP

Put away the white tablecloth - pick vivid blue, intense purple or forest green linen for an indulgent feel. Throw the cloth on the table and don't be tempted to smooth it out - this look is all about laid-back luxe.





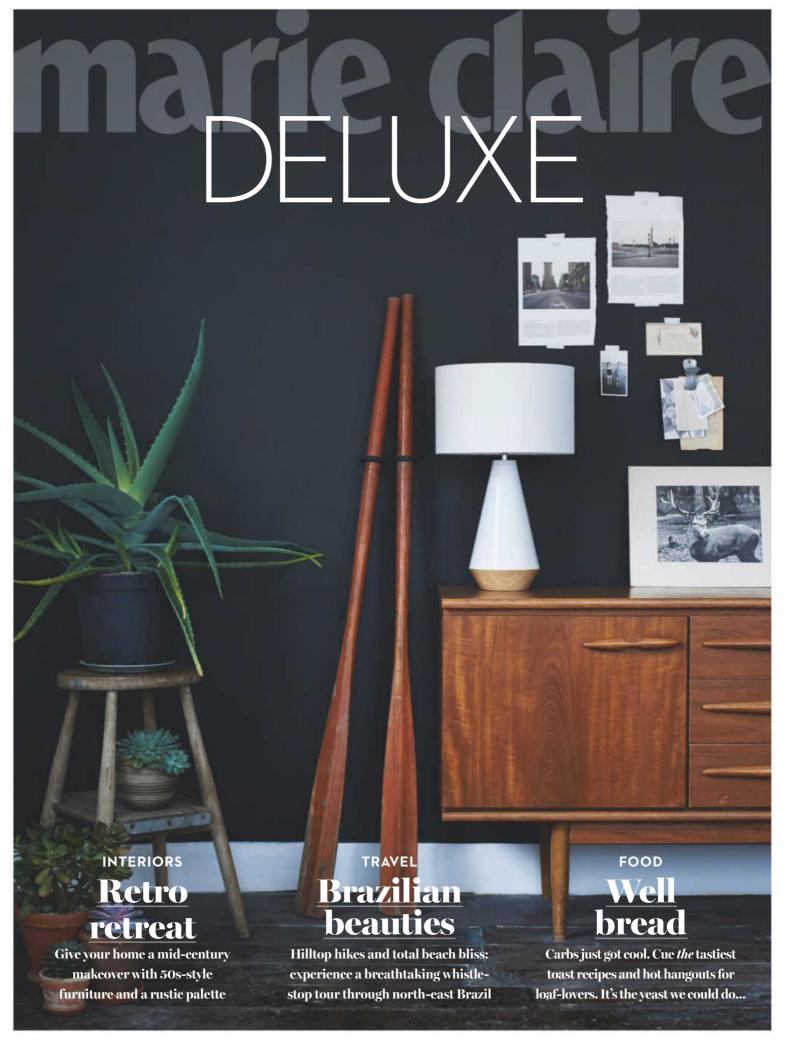
Olivia now thinks the hardest part of making the perfect fondant is taking the perfect photo.



Create absolute fondant perfection every time with Lakeland's exclusive Fail-Safe Fondant Dessert Kit.

See how easy Olivia found it at lakeland.co.uk/olivia





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- Combined average runtime using two batteries across carpets and hard floors. Standard Mode. Results for individual floor types may vary.

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INTERIORS



'Kartell Abbracciaio' candle holder in gold, £147, Amara 2. 'Geronimo' chair in gunmental, £290 (for two), Loaf.com 3. Glass vase, £6.99, H&M 4. 'Harlequin' cushion in multi, £100, Niki Jones at Amara 5. 'Elin' cushion, £25, John Lewis 6. 'Siirtolapuutarha' platter, £67, Marimekko at Skandium.com 7. Mid-century rocking chair in timber, £350, Urban Outfitters 8. 'Lagasca' bowl, £40.99, Alpen Home at Wayfair.co.uk 9. 'Retro' teapot, £35, Scandinaviandesigncenter.com 10. Metal storage basket set, £159.99 (for two), Bloomingville at Wayfair.co.uk 11. 'Portable Record Player' in yellow and navy, £160, Crosley Keepsake at Urban Outfitters



SARNIE
WITH A LITTLE
je ne sais quoi.

Introduce a bit of French flair to your snacks. With its mild, creamy taste and oozing texture, President Brie makes any sandwich superbe.

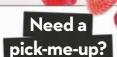


Fare play

Fare Healthy is a full-on juice fest. Co-founder Rose Lloyd Owen, from Peardrop, shares her top tipples

All about green?

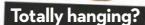
'Californian living inspired Shirin and Yasmin, the girls behind The Good Life Eatery in London's Chelsea. They've been really pioneering. I love their Ninja Turtle superfood smoothie, which is packed full of veg and low in sugar. I'll find any excuse to grab one.'



'I'm in love with Raw Press juices. I'm never that hungry when I wake up, so its Coffee & Mylk juice almonds, dates, coconut water, cold brew coffee and vanilla bean - is perfect for a morning energy kick, and it tastes amazing, too.'

Feeling fit? Bodyism, founded

by James and Christiane Duigan, of Clean & Lean fame, is holding a fitness class at the festival. Everyone will down a shot of Berry Burn [acai, blueberries and brindle berries], which James says is "fat's worst enemy



'I first spotted MightyBee coconut water at the Taste of London festival - its pale pink colour, taste and the fact it's raw and organic attracted me to it. And it's a great hangover cure! (Not so Fare Healthy...)'

Cocktail o'clock?

'There will be a cocktail bar at this year's festival, with chefs making a drink each. Hemsley + Hemsley's Lavender and Blueberry [vodka] number is so refreshing. I make one with elderflower liquor, wheatgrass, rose and mint.

Fare Healthy comes to London's Borough Market on 27 September (peardroplondon.com).





Tuna ceviche with salsa crioll

Jennifer Joyce's coastal take on this Peruvian street-food beauty is a fash-pack favourite. Fresh, light and devilishly simple to make, it's the perfect dinner-party dish



- To make the salsa criolla, put the onion in a small bowl, cover with 125ml (4fl oz or 1/2 cup) of lightly salted iced water and stand for 10 minutes
- Drain and pat dry with a paper towel, then combine with all the remaining salsa ingredients and stand at room temperature for 10 minutes before serving.
- Just before serving, mix together the lime juice, orange juice, caster sugar and salt.
- Cut the tuna into small slices, about 5mm (1/4ins) thick, and toss in the mixture with the coriander.
- Arrange the tuna on a serving platter or on individual plates.
- Top each with the salsa criolla and extra coriander leaves if you like.
- Serve with baked tortilla chips. Taken from My Street Food Kitchen by Jennifer Joyce; photography: Jean Cazals (£18.99, Murdoch Books)

- Ingredients (salsa criolla)
- 1 red onion, sliced into thin half-moons
- 1 thumb-size green chilli, sliced into thin rings
- 1 red banana chilli or Romero pepper, halved, seeded, thinly sliced
 - 1½ tbsp lime juice
 - $1\frac{1}{2}$ tbsp white wine vinegar

Ingredients (tuna ceviche)

- 170ml (5½fl oz) lime juice
 - Juice of 1 orange
 - 2 tsp caster (or superfine) sugar
 - 2 tsp salt
- 400g (14oz) sashimi-grade skinless tuna fillet
- 2 tbsp coarsely chopped coriander (cilantro) leaves

351 marieclaire.co.uk

BAO



THE TROUBADOUR, EARL'S COURT, LONDON

'It's a crazy old cafe full of props. You can cure any hangover with the eggs Benedict and a jug of Bloody Mary.'

THE TROUBADOUR

For a weekend escape...

THE MAD HATTER, MARGATE

'We always head to this eccentric tearoom, and the reopening of [retro theme park] Dreamland nearby has got us hankering for another trip. It's still untouched and old school.'

For a dinner party...

TRANGALLAN, STOKE **NEWINGTON, LONDON**

"This tapas bar is intimate and the food is great - try the grilled octopus.'

Best tasting menu...

L'ENCLUME, THE LAKE DISTRICT

The seven-course lunch menu is all foraged food from the area, so it's very local, natural and delicate.'





RUBY'S DALSTON, LONDON

'They do a mean chilli apple martini.'

A great pop-up experience is...

BLANCH & SHOCK (VARIOUS LOCATIONS)

Their Brain Banquet (with Guerilla Science) had the best atmosphere. It was in a WW2 bunker where you listened to lectures and ate calf's brain.'

Our favourite chefs...

BAO, SOHO, LONDON

'The food is so delicious, we've been six times since it opened. We always order the turnip top salad, guinea fowl rice and trotter fritters.'

The best spot for a Christmas party...

THE ART OF DINING (VARIOUS LOCATIONS)

We're putting one on with an enchanted forest theme and another like an 80s office party.' For details of The Art Of Dining's pop-ups, visit theartofdining.co.uk

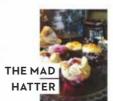


When they're not hosting dinners in former classrooms or mobile horseboxes, The Art Of Dining's *Alice Hodge* and *Ellen Parr* seek out crazy cafes and vintage theme parks...





DALSTON



CUCUMBER AND MEATBALLS

Classic carbs

If jam is your, well, jam, head to The Modern Pantry (the new branch is in London's Finsbury

Square), for berry and liquorice or gooseberry and vanilla. Go for eggs on toast at Foxcroft & Ginger, sister to the UK's first poached-egg bar in Beyond Retro's Dalston store, or do cheese on toast the Pickle & Toast, Soho, way.

Think sourdough, aged Cheddar and dill pickles.

BARBECUE CHICKEN

The best thing since sliced bread

Nope, not even toast is safe from a hipster makeover. Here's where to go for a slice of the good stuff

Bonkers bread

Try Beany Green at Broadgate Circle for broccoli toast with tofu mayo, feta, spinach, avocado and chilli pesto. Pump Street Bakery in Suffolk blends breadcrumbs into its chocolate, while the Grain Store in Kings Cross does corn brioche with tapioca 'caviar', seaweed butter and crème fraîche.

> OLIVE SALSA AND TUNA

MACADAMIA-**CARDAMOM BUTTER**

> ROASTED STRAWBERRIES

Super toast

Into CrossFit and like to tell people about it? Then these healthy toasts are for you. Jog up to London's Aqua Shard for spelt and pumpkin seed or

Christopher's in Covent Garden for avocado and toast topped with flaxseeds and walnut pesto. Trust us. We're also blown away by Bel-Air in Shoreditch - its Chia seed black bread is low in gluten and packed with nutrients as well as slow-burning carbs.



BRAVE NEW BREWS

It's the nation's favourite drink and it's infused in our culture, but is it time to get more adventurous with our beloved tea? The experts at Whittard think so

FOR OVER 129 YEARS WHITTARD

has been circumnavigating the globe to bring us unique and delicious handmade teas to tantalise our taste buds. Its founder, Walter Whittard, took pride in devising a number of innovative blends. Fast-forward to today and the innovation continues.

Walk into a Whittard of Chelsea store or Tea Bar and expect to go on a journey. The in-store team are tea fanatics and will introduce you to all the delicious new brews – from the White Peony white tea, which has light notes of cantaloupe and cucumber, to Tippy Assam, a malty, rich blend that's the ideal partner for a sweet, heavy cake. Tempting, right? And how about tea and cheese? Believe us it works. Whittard's Jasmine Green has a subtle floral sweetness that goes perfectly with a salty, creamy chèvre. We're converts – see you at the bar.

FANCY A CUPPA?

To celebrate its heritage, Whittard of Chelsea is launching 100 tea varieties, reworking classic blends and creating new ones unavailable anywhere else. Go to whittard.co.uk for more information and to find your nearest Whittard store or Tea Bar.





Hip beaches, red-rock canyons, thumping street parties and caipirinhas galore – *Nicola Moyne* heads to north-eastern Brazil for a thrill-filled adventure



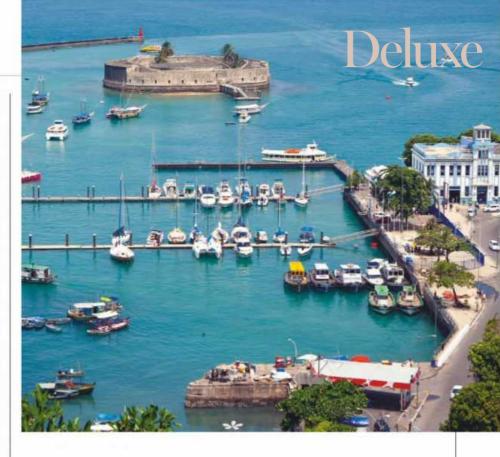
I'M SITTING AT THE TOP OF A STEEP,

rippling rock face, trying to slowly manoeuvre myself into a torrent of water, *Swept Away* playing on loop in my head. It's all in the launch, apparently: get it right, and I'll glide into the vast pool below with Tom Daley-esque grace; put a foot wrong and I'll have a bruised backside and, worse, injured pride.

The Ribeirão do Meio natural rockslide is a popular weekend haunt near Lençóis, packed with everstylish locals — and as the only bikini-clad English girl in sight, my tentative climb to its top hasn't gone unnoticed. Accompanying me is a park guide, Tiago de Jesus, who is an all-action Adonis. Forget Myleene Klass, this guy *knows* how to work a waterfall. And although I'm pretty sure I'm going to lose my bikinitop mid-plunge, his enthusiasm for the landscape is infectious. 'This is a gift from Mother Nature,' he raves, before giving himself a wedgie and plummeting into the aqua rapids. And he's right. Bikini (and backside) intact, I emerge from the drop exhilarated, refreshed and ready to resume our three-hour trek.

Welcome to north-east Brazil and Chapada Diamantina, a lush 1,500-sq-km National Park renowned for its hiking trails and sunset vistas. Getting off the beaten track here feels good, and while I may not be a huge hiker, Brazil has been on my holiday hit list for years. Thanks to the buzz surrounding next summer's Olympic Games, this seems the perfect time to venture beyond Christ the Redeemer. My two-week small-group tour is an exploration of Brazil's north-eastern hot spots, taking in the trekking heartland of Chapada, historic Salvador, cosmopolitan Fortaleza, and the sunscorched beaches of Jericoacoara.

While we start off amid Rio's vibrant party scene and iconic favelas, it's the less-explored regions that grab my interest. Some 1,200km north of Copacabana's volleyball nets and neon thongs lies Salvador - Brazil's oldest city and capital of its coastal state, Bahia. Big on charm, Salvador's candy-coloured colonial houses and winding cobbled streets date back to 1549. A World Heritage Site, its main quarter, Pelourinho, where



African slaves were once traded, was, incidentally, also the shoot location for Michael Jackson's *They Don't Care About Us* video (a cardboard cut-out of the King of Pop still stands proudly on the balcony used).

Today, the city has a ramshackle air, populated with as many clapped-out VW Beetles and stray dogs as locals. We arrive in a heavy downpour and the streets are empty, save for the odd sodden bicycle-wielding food vendor. Salvador remains a hub for Afro-Brazilian culture, and each Tuesday African drum corps, fervid capoeira circles and the scent of *acarajé* (black-eyed

'In the village below, a cacophony of trumpets fights against capoeira drums, and the pavements are alive with foot-thumping accordions' Clockwise, from far left: enjoy a spot of people watching on Salvador's small but picturesque Praia Porto da Barra beach; bustling São Marcelo Fort was coined the 'belly button of Bahia' by Brazilian writer Jorge Amado; Nicola stops for a quick dip in a natural lagoon before exploring the lush 1,500-sq-km trekking paradise that is Chapada Diamantina (below): a typical VW-clad street near Salvador's Pelourinho quarter, now a World Heritage Site and hub for Afro-Brazilian culture







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pea fritters) combine in Pelourinho to mark Bahia's rich cultural history. Unfortunately it's not a Tuesday, so instead we take shelter in São Francisco Church and Convent. This may be just one of the city's 365 churches, but it's the scene-stealer: an ornate veil of gold leaf envelops its grand carvings and chandeliers, like a secret gilded room of riches.

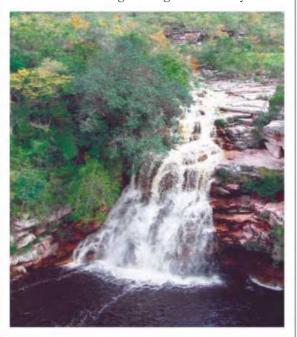
Next stop is the artisan market, Mercado Modelo. Located in the 'lower city', it proves the perfect place to pick up premium leather totes and handcrafted bracelets (for friends), plus a gorgeous Panama hat (for me), before our earnest guide Pedro leads us to the city's best-kept secret: D'Venetta. Hidden away in Santo Antônio and run by two young artists, this eclectic restaurant serves up traditional, and seriously cheap, Bahian fare (a tasty sautéed shrimp dish costs £5) in the comfort of the owners' curios-filled home. As a cool blend of bossa-samba plays, we head out on to the banana-tree enclosed terrace for delicious lime caipirinhas-the national cocktail-then end the evening with a night-cap at Pousada Santo Antônio, our 18thcentury guesthouse, which is all polished wooden floors, high thread-count sheets and haphazard WiFi.

The following day we land in Lençóis, an hour's flight north-west. Around 300km inland, this former diamond-mining town, once rich from its preciousstone spoils, is the jewel of Chapada and oozes charm: locals wave at us from their windows, and live folk music starts up at dusk. At Pousada Alto do Cajueiro – our enchantingly rustic base – there's a hammock outside my room and the wooden shutters open on to views of table-top mountains. In the village below, a cacophony of trumpets fights against capoeira drums, and the pavements are alive with foot-thumping accordions. Everyone dines al fresco here, with

'Zip-lining and snorkelling through caves, squirrel monkeys and circling vultures – it's all here' Clockwise, from top left: the colourful cobbled streets in Pelourinho date back to 1549; the grand, gold-leafed São Francisco Church is just one of Salvador's 365 churches; now that's a waterfall: a stunning cascade in Serrano Muncipal Park; candy-coloured colonial houses add character to Salvador's skyline

cheese-graters moonlighting as tea-light holders, and we devour juicy *churrasco*-style steaks with pumpkin purée at the buzzy street-side restaurant Lampião Culinária Nordestina.

After a coma-like sleep and a breakfast of *pão de queijo* – moreish cheese balls – we head off for a half day's hike through the near vertical rock cliffs in Serrano Municipal Park, taking a chance to dip in the waterfalls and natural lagoons along the way. Zip-lining and snorkelling through caves, shoulder-hopping squirrel monkeys and circling vultures – it's all here. The day ends on a high at the top of Pai Inácio Hill. Standing 1,120 metres tall, it offers the perfect sunset vantage point. My tip? Stash a bottle of bubbly in your backpack to take in the stunning 360-degree views in style.



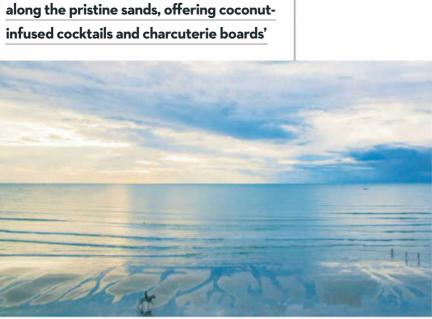


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After six days of city tours and hardcore hiking, I'm eager for some solid sunbathing time at our next destination, Jericoacoara (Jeri). This small fishing village-turned-windsurfing hot spot is where the Brazilian babes come to sip their coconut waters and turn a deeper shade of mahogany, selfie sticks at the ready. A one-night stay in Fortaleza's small but functional Casa Blanca hotel and a six-hour drive through cashew-nut farms later, we arrive at Pousada Carcará, our swanky new abode. Stylishly clad in white muslin, my suite looks like a shot from The White Company lookbook - and the monsoon shower does wonders for my aching calves. After a lap of the pool I hit the sand-strewn boutiques and hippy surf shops. This is Brazil's answer to Newquay, and within minutes I've picked up a colourful sarong and made a mental note of three silver rings from Alexandre Sidou - an upmarket jewellery atelier, whose shop-window wares beckon.

Come dusk, climbing the majestic Pôr do Sol sand dune to catch the Jeri sunset is obligatory. I grab a cold beer from an entrepreneurial local and, as my toes sink deep into the cooling sand, and the horizon shifts from crimson to inky blue, I watch a sun-kissed couple ride their horses in the surf below. Just minutes after sundown, DJs are spinning house music by the cocktail shack, so we order a round of cassava chips and rum

'Models-come-waiters strut their stuff along the pristine sands, offering coconutinfused cocktails and charcuterie boards'









Clockwise, from top: walk the back streets of Pelourinho, Salvador, to discover its cultural centres, capoeira circles and delicious ice cream; Lençóis' Pousada Alto do Cajueiro offers rustic charm and a well-placed hammock; Brazil's coastal state of Bahia has 1,000km of Instagram-worthy beaches, caipirinhas at the ready..

chasers, before ending the night in a thumping warehouse dance fest.

Luckily, along with Balearic-style beats and championship surf, this little slice of heaven offers the perfect hangover cure the next morning in the form of the Alchymist Beach Club at Paradise Lagoon. This is where the beautiful people hang, quite literally: the ocean is bedecked with over-water hammocks, and models-come-waiters strut their stuff along the pristine sands, offering coconut-infused cocktails and charcuterie boards. Soft jazz plays, and there's more than a whiff of Ibiza about this white daybed-filled oasis. While eavesdropping on the hip crowd and topping up my tan I learn a new word: beleza, which means beautiful. I can't think of a better way to sum up my journey through Brazil.

BOOK NOW

- Intrepid Travel (intrepidtravel.com) has a 14-day 'Northern Brazil' group tour, travelling from Rio de Janeiro to Fortaleza from £1,700 per person based on two sharing. The price includes all domestic transport, accommodation, some meals and activities, and an expert local leader.
- International flights are extra TAM (tam.com.br) offers return flights from London Heathrow to Rio de Janeiro from £799. One-way flights from Fortaleza, where the tour ends, to Rio de Janeiro cost from £92.
- The best time to visit north-east Brazil is from July to January, the dry season. To escape the crowds, and make the most of Chapada's hiking trails while it is cool (22-26°C), book in May or June.
- Brαzil (18.99, Lonely Planet) is a comprehensive guide; for more information visit brazil.org.uk.



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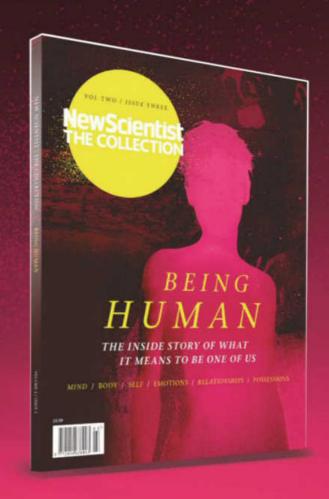
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LIBRA

24th September-23rd October
Mars makes you prone to put passion
over patience. While this bodes well
for any new romances, it's not quite so
auspicious for Librans who are 'stuck' in
long-term relationships. Be aware that
love affairs with third parties could hurt
you in more ways than one.

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SCORPIO

24th October-22nd November
Tendencies to be too critical need to be knocked on the head. Venus is in Virgo this month, and that is going to make you more judgemental. Yes, certain folk in your midst need to be steered in the right direction, but pointing out their faults will do absolutely nobody any good.

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AQUARIUS

21st January-19th February
Good news at last! Saturn seems set to
finally give you a break, health-wise. As
long as you're not burning the candle at
both ends, you should start feeling a lot
better. The romantic effects of the Sun will
also kick in – there's nothing like being
wooed to put a spring back in your step.

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PISCES

20th February-20th March
This is definitely the month to get out
and mingle. The benevolent influences
of both Jupiter and Venus suggest a busy
social life could lead to valuable work
contacts – not to mention exciting
new friendships. Stay-at-home types
– now's the time to give Netflix a break.

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GEMINI

22nd May-21st June
Extended lunar activity should be
a blessing for your bank account this
month. You'll still have to pay those pesky
bills, but at least you'll have the money to
do so. Surplus cash is likely to come from
one of three sources: a generous partner;
a refund; or a well-deserved bonus.

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CANCER

22nd June-23rd July

A former friend's past betrayal might come to a head in forthcoming days. This isn't such a bad thing. According to your chart, it's high time you acknowledged the hurt and anger you've bottled up for too long. Only then can you start to heal and properly move on from the situation.

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HOROSCOPES

Your forecast for this month by *Marie Claire*'s astrologer, *Adele Lang*

October birthstone: Rose Zircon. Pink Zircon 'Corte Due' Stacking ring, £79, Sif Jakobs Jewellery



SAGITTARIUS

23rd November-21st December
This month, Mercury urges all single ladies to seriously listen to their friends when it comes to matchmaking. Tinder might be great fun, but how many true loves have you found to date? Being introduced to a decent partner through someone you trust could end up making your month.

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ARIES

21st March-20th April
Educational pursuits are highlighted this month for Aries who are keen to progress at work (or who simply wish to stretch their minds). Choose your subjects wisely though – some less-than stellar alignments signal that bad decision making could just end up wasting you money.

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I FO

24th July-23rd August
Try not to obsess over every little detail. This is easy to say, but hard for a perfectionist Leo to do! Planetary patterns depict a better life all round if you take a more laid-back approach. Over-reactions to such small things aren't good for your overall health.

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CAPRICORN

22nd December- 20th January
As Uranus is still retrograde, now is not
the time to argue about financial affairs
with a partner or blood-tie. Indeed, you'd
be far better off biting your tongue to save
squabbles that could turn into all-out war.
Hopefully solar activity later this month
will be enough to calm you down.

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TAURUS

21st April-21st May

Disruptive family members need to be taken in hand over the next few weeks, before things result in permanent feuds. Solar influences predict you can save any potential bust-ups by doing what you do best – offering frank opinions that enlighten rather than rile.

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VIRGO

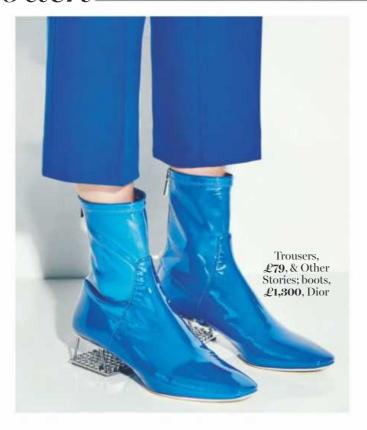
24th August-23rd September
You're looking good and attracting lots
of compliments, but your love life isn't
going quite as well as you'd like. Blame
Pluto's present back-pedalling for this.
While you singletons will have admirers
galore, you may well be unwittingly
keeping them all at arm's length.

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